

Hand Therapy

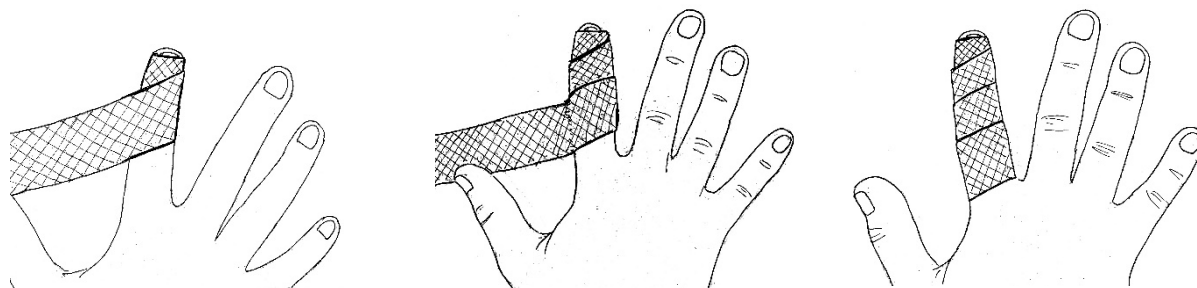
Elastic wrap (E.g. Coban®, Coflex®, HandyGauze Cohesive®)

What is elastic wrap?

Elastic wrap is an elastic bandage that sticks to itself. It is used to move swelling out of the affected body part. It is light so you can still do your exercises with it on.

How to apply it

1. Wrap from the tips of fingers towards the hand. Leave the fingertip out (see picture below) so you can check your circulation.
2. Without stretching apply one full wrap. Then begin overlapping by half the width of bandage.
3. Do not pull tightly.
4. Leave no gaps.
5. Ensure you go right to the base of the digit.
6. Press it lightly to hold in place and cut off excess.



Precautions

- Do not stretch too much (wrinkles should still be seen).
- Do not use over an open wound.
- Do not use if you have circulation problems.
- Ensure the elastic wrap is flat not puckered so even pressure is applied.
- Do not allow it to roll or bunch.
- This product can contain rubber latex which may cause an allergic reaction in some people. Remove elastic wrap if you have any problems.

Warning

The area of application should be frequently checked for signs of increased swelling or pain, change in skin colour or tingling / numbness. If you notice any of these changes, remove the elastic wrap and call your therapist.

Please contact your therapist if you have any queries or concerns.

Therapist _____ Phone Number _____

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