**Application for the Foot**

**Layer 1: Comfort Foam Layer**

**Step 1:** With the foot in a 90° dorsiflexed position, start the application with a circular winding around the base of the toes. Beginning at the 5th toe, provide neutral, comfortable foot alignment.

**Step 2:** The 2nd circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint. Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.

**Step 3:** Cut the wrap and gently press into place. The posterior plantar surface of the foot is not completely covered.

**Step 4:** Fill each web space with pieces of double-folded comfort foam layer, foam side out and trimmed to shape.

**Step 5:** With a 5cm wide comfort foam layer, make a circular winding without tension around the toes and the heel with the toes wrapped.

**Step 6:** Using a 5cm compression layer roll, without tension apply a circular winding around the base of the toes to secure comfort layer.

**Step 7:** Continue winding around the heel and toes. Mould to conform. Cover the dorsal area with compression layer applied at full stretch in a tea leaf technique with semi-circular windings. Enclose the toes using the Stretch-Press-Mould Technique.

**Step 8:** Mount the application to the anatomy of the forefoot.

**Step 9:** If a wound is present, foam dressings are recommended to manage exudate.

**Layer 2: Compression Layer**

**Step 10:** The top of the bandage should end just below the malleolus head, or two fingers width below the crease at the back of the knee.

**Step 11:** Apply light pressure to the comfort layer with your hands. This helps to mould the bandage to the patient. The end of the comfort foam layer may be secured with tape.

**Step 12:** After toe wrapping, continue with the compression layer for the leg. With the foot in a 90° dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the 5th metatarsal head.

**Step 13:** Complete two or three figures of eight around the ankle ensuring that the entire heel is covered.

**Step 14:** Proceed up the leg with 50% overlap at 100% stretch, ending the application approximately 7.5-10cm below the ending of the comfort layer. This will allow the comfort layer for the knee and thigh to overlap with the lower leg comfort layer for secure cohesion.

**Step 15:** Do you end the application, apply light pressure and cut off the excess material.

**Step 16:** Reposition the patient to a standing position and flex the knees to place pressure under the heel.

**Step 17:** Select a 15cm or 20cm comfort foam layer, depending on the size of the foot.

**Step 18:** Apply the comfort layer by minimally overlapping with the comfort layer below the knee. Cover the knee with a spiral or figure of eight technique to ensure that the middle of the bandage is positioned over the articulating surface and crease of knee.

**Step 19:** Proceed to the top of the leg, keep the overlaps as minimal as possible.

**Step 20:** Apply two full circular windings of comfort foam layer at the top of the leg to prevent edge roll. As you end the application, apply light pressure and cut off the excess material.

**Step 21:** Begin the 15cm compression layer application with a 50% overlap of the below knee bandage. Cover the knee using spiral windings or figures of eight as needed to conform. Ensure that the centre of the bandage is in the centre of the popliteal crease and centered over the patella.

**Step 22:** Proceed up the leg with spiral windings with 50% overlap at 100% stretch. Ensure at least two layers of compression material with a smooth application.

**Step 23:** Stop the compression layer application at top of leg. Apply light pressure and cut off the excess material.

**Step 24:** Mount the entire application to conform to the anatomy.

**Technique Tips**

**Layer 1: Comfort Foam Layer**

- Apply the layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with minimal overlap.
- Cover the skin with as thin a layer as possible with no gaps.
- When skin folds (aprons) are present, use pieces of comfort foam layer folded with foam side out to separate them.

**Layer 2: Compression Layer**

- Apply even compression with at least two layers.
- Even compression is best achieved when the material is applied at full stretch.
- It is recommended that you hold the roll close to the limb throughout the application for controlled, even compression.
- If “tules” are noted after the application, apply additional compression layer until the limb appears smooth.

**Stretch-Press-Mould Relax Technique**

To apply full-stretch application for comfortable circumferential windings, apply the compression layer at full stretch with “slow breaks” where, after each semi-circular winding, the piece is moulded to the underlying layer.

**Bandage Removal**

Coban™ 2 Layer Compression System may be removed with anchoring solutions or by overlapping the bandage. Dipping the scissors tips into cream allows comfortable and easy bandage removal.
Additional techniques for the Application of 3M™ Coban™ 2 Compression System to the Leg and Foot

Many patients have extreme leg contours. Due to the unique properties of Coban 2 LayerCompression System, the application technique can easily be adapted to provide conformable, effective, sustained compression. There are two alternate techniques for the lower leg – Follow the Roll, and, the Cutting Technique. There is also an alternate technique for the toes, and that is to wrap the toes individually.

Application for a Highly Contoured Leg — Follow the Roll

Layer 1: The Inner Comfort Layer

Complete steps 1-8 on the previous page.

- With minimal overlap, and with just enough tension to conform smoothly along the contours, wind the bandage around the ankle and proceed up the leg applying the layer in the direction the roll takes you.

Layer 2: The Outer Compression Layer

Using the figure eight technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around back of the heel. Complete two or three figures of eight around the ankle ensuring that the entire heel is covered with at least two layers. Cut the wrap and gently roll into place.

- Bring the bandage back down the leg to cover the entire comfort layer with at least two layers of compression material. At any time you want to change the direction of the roll, you may cut the bandage and redirect the application.

As you end the application, apply light pressure and cut off the excess material. Mould the layers together to ensure that the bandage windings cohere to each other.

Application for a Highly Contoured Leg — Cutting Technique

Layer 1: The Inner Comfort Layer

Complete steps 1-8 on the previous page.

- With the foot in a dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head.

Layer 2: The Outer Compression Layer

Using the figure eight technique, bring the roll back over the top of the foot, across the bottom of the foot and back up to come around back of the heel. Complete two or three figures of eight around the ankle ensuring that the entire heel is covered with at least two layers. For smooth conformity and even coverage, cut the compression material and proceed up the foot and leg with individual windings at 50% overlap, making sure to press and conform each subsequent layer.

End the wrap at the dorsum of the foot, just below the back of the kneecap. Cut off excess material. Gently press across the entire surface of the application. Continue on with the application for the upper leg (step 16 on the previous page).

Layer 2: The Outer Compression Layer

- As you end the application, apply light pressure and cut off the excess material.

Mould the layers together to ensure that the bandage windings cohere to each other.

As you end the application, apply light pressure and cut off the excess material. Mould the layers together to ensure that the bandage windings cohere to each other.

Application Option for the Toes – Individual Toe Wrapping

Complete steps 1-3 on the previous page.

- For patients with vulnerable bony prominences such as the tibial crest or the top of the foot, you can provide additional protection by cutting a piece of comfort material and placing it over the top of the foot, running it up the leg.

For skin protection, we recommend 3M™ Cavilon™ No Sting Barrier Film for peri-wound, skin folds, between toes and behind the knees. If a Avoid is present, we recommend 3M™ Tegaderm™ High Performance Film Non-Adhesive Dressing to manage exudate.

For skin protection, we recommend 3M™ Cavilon™ No Sting Barrier Film for peri-wound, skin folds, between toes and behind the knees. If a Avoid is present, we recommend 3M™ Tegaderm™ High Performance Film Non-Adhesive Dressing to manage exudate.

Vulnerable bony prominences

For skin protection, we recommend 3M™ Cavilon™ No Sting Barrier Film for peri-wound, skin folds, between toes and behind the knees. If a Avoid is present, we recommend 3M™ Tegaderm™ High Performance Film Non-Adhesive Dressing to manage exudate.

Technique Tips

Layer 1: The Inner Comfort Layer

- Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with minimal overlap.
- Cover the skin with as thin a layer as possible with no gaps.
- When skin folds (fapps) are present, use pieces of comfort foam layer folded with foam side out to separate them.

Layer 2: The Outer Compression Layer

- Apply this layer at full stretch. Hold the roll close to the foot and leg throughout the application for controlled, even compression.
- It is recommended that you hold the roll close to the foot and leg throughout the application for controlled, even compression.
- If “bulges” are noted after the application, apply additional compression layer until the limb appears smooth.

Additional Materials

For skin protection, we recommend 3M™ Cavilon™ No Sting Barrier Film for peri-wound, skin folds, between toes and behind the knees. If a Avoid is present, we recommend 3M™ Tegaderm™ High Performance Film Non-Adhesive Dressing to manage exudate.

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