3M™ Soft Cast
Guidelines for Ankle Bandage Applications

<table>
<thead>
<tr>
<th>Recommended materials: Adult</th>
<th>Width</th>
<th>Recommended materials: Child</th>
<th>Width</th>
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<tbody>
<tr>
<td>Product</td>
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<td>Product</td>
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<tr>
<td>50cm x Stockinet</td>
<td>5 or 7.5cm</td>
<td>50cm x Stockinet</td>
<td>5cm</td>
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<tr>
<td>1 roll x Soft Cast</td>
<td>7.5cm</td>
<td>1 roll x Soft Cast</td>
<td>5cm</td>
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- Protect the skin by applying a double layer of well fitting stockinet - no cast padding required.
- Pad the malleoli, achilles tendon and anterior aspect of the ankle with one layer of 3M Microfoam tape.
- Dip the 3M Soft Cast roll in water and apply over the stockinet in spiral motion observing the heel lock technique.
- The cast border should be high on the fifth metatarsal and under the first metatarsal head. This is critical to fit the cast in the shoe.
- On completion, apply a wet, elasticated cotton bandage over the cast to aid layer to layer lamination and reduce curing time.
- Place foot on floor and apply pressure to plantar aspect to improve functional moulding of the cast.
- Finishing, trimming and removal can be undertaken using a pair of bandage scissors.
- The cast can be worn under a lace-up shoe or sports trainer.

Light Purple colour indicates the position of the 3M Soft Cast tape.
Grey colour indicates the position of the 3M Microfoam tape.

USER TIPS

For further information telephone customer services in the United Kingdom on 01509 613141 and in the Republic of Ireland on 01-280-3555.
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