

3M™ Coban™ 2 Layer Compression Systems

Application Skills Checklist: Basic Application

Learner Name _____

Date _____

Action or Explanation	Skill	Rationale
Comfort Layer		
1. Set up supplies, open packages, have scissors available.		Being prepared.
2. Position: Assist patient into comfortable position with calf relaxed and foot in dorsiflexed position (90°).		Patient readiness, comfort. Keeps foot in neutral (comfortable) position, less overlapping and bulk across ankle.
3. Explain foam against skin.		Comfort, mechanical grip, absorption of skin moisture
4. Explain outer cohesive layer.		Conforms, cohesive base for compression layer.
5. Begin application at 5th metatarsal head.		Keeps foot in neutral, comfortable position for walking.
6. Come across border of toes.		Provide comfort across top of foot.
7. Bring roll across foot so middle of the bandage width approximately covers the articulating aspect of the ankle joint.		Comfort, avoid bulk over the instep, centers width over malleolus.
8. Bring the next winding low around back of the heel so that the bandage edge is even with the bottom of the foot.		Protect, comfort, anchor bandage.
9. Point out plantar surface not covered.		Not needed. Adds unnecessary bulk.
10. Explain: Guide the fold of excess comfort layer off the Achilles tendon area into the natural depression behind the malleolus.		It conforms the material to the ankle contour and will be smoothed down by the compression layer.
11. Spiral wrap or apply with contour leg techniques with minimal overlaps up to two finger widths below the popliteal crease at the back of the knee (or fibula head) using just enough tension to conform to the exact shape of the leg.		Conforms to the anatomy for a thin profile.
12. Cut off excess material.		Keep a thin application, more is not needed.
13. Apply light pressure to mold the entire surface.		Conform layers together. No need for tape.
Compression Layer		
14. Explain: apply at full stretch throughout its application.		Full stretch application provides the inelastic sleeve necessary and proven to provide effective compression while reducing application variability.
15. Product selection: Explain: 3M Coban 2 Layer Compression System is designed for patients with ABPI's of 0.8 or greater. For patients who do not tolerate high compression or with mixed etiology with ABPI's of 0.5 and greater, select 3M Coban 2 Layer Lite Compression System.		Use of the appropriate product will ensure effective, comfortable compression.
16. Position: Assist patient into comfortable position with calf relaxed and foot supported in dorsiflexed position (90°).		Applying the bandage with muscles relaxed provides the most effective inelastic sleeve with a neutral and functional foot position.
17. Begin at 5th metatarsal head with a circular winding at the base of the toes. Bring the roll across foot so middle of the bandage width approximately covers the articulating aspect of the ankle joint. Tip: Hold roll low; apply the material at full extension slowly for easy, smooth conformance.		Keeps foot in neutral (comfortable) position, conforms the bandage smoothly with less bulk across ankle.
18. Complete two or three figures of eight around the ankle ensuring the entire heel is covered.		Ensures even compression with the foot in a neutral (comfortable) position and conforms the bandage smoothly with less bulk across ankle.
19. Spiral up the leg with 50% overlap to ensure complete coverage with at least 2 layers.		Thin, even compression against the limb.
20. Maintain consistent full stretch throughout the bandaging process.		Provides even, inelastic compression with less variability between applications.
21. End the bandage just below the fibular head and even with the top edge of the comfort layer. Cut off excess material.		Provides even, inelastic compression with less variability between applications.
22. Press and conform layers together.		Molds and coheres layers together.
Removal		
23. Explain: Cut with bandage scissors or unwind.		Easy to remove by patient or clinician.

3M™ Coban™ 2 Layer Compression Systems

Application Skills Checklist: Highly Contoured Leg – Cutting Technique

Learner Name _____

Date _____

Action or Explanation	Skill	Rationale
Comfort Layer		
1. Set up supplies, open packages, have scissors available.		Being prepared.
2. Position: Assist patient into comfortable position with calf relaxed and foot supported in dorsiflexed position (90°).		Patient readiness, comfort. Keeps foot in neutral (comfortable) position, less overlapping and bulk across ankle.
3. Explain foam against skin.		Comfort, mechanical grip, absorption of skin moisture
4. Explain outer cohesive layer.		Conforms, cohesive base for compression layer.
5. Begin application at 5th metatarsal head.		Keeps foot in neutral, comfortable position for walking.
6. Come across border of toes.		Provide comfort across top of foot.
7. Bring roll across foot so middle of the bandage width approximately covers the articulating aspect of the ankle joint.		Comfort, avoid bulk over the instep, centers width over malleolus.
8. Bring the next winding low around back of the heel so that the bandage edge is even with the bottom of the foot.		Protect, comfort, anchor bandage.
9. Press and mold the bandage to the underlying material and cut.		Allows the next winding to lay smooth around the ankle area.
10. Point out plantar surface not covered.		Not needed. Adds unnecessary bulk.
11. Explain: Guide the fold of excess comfort layer off the Achilles tendon area into the natural depression behind the malleolus.		It conforms the material to the ankle contour and will be smoothed down by the compression layer.
12. With minimal overlap, bring the next winding around the ankle and cut it when it overlaps the underlying material.		Conforms to the anatomy.
13. Proceed with individual windings as needed until the bandage spirals smoothly up to two finger widths below the popliteal crease at the back of the knee (or fibula head) using just enough tension to conform to the exact shape of the leg.		Allows smooth conformance and provides maximum foam layer contact on the skin to minimise slippage and achieves a thin application.
14. Cut off excess material.		Keep a thin application, more is not needed.
15. Apply light pressure to mold the entire surface.		Conform layers together. No need for tape.
Compression Layer		
16. Explain: apply at full stretch throughout its application.		Full stretch application provides the inelastic sleeve necessary and proven to provide effective compression while reducing application variability.
17. Product selection: Explain: 3M Coban 2 Layer Compression System is designed for patients with ABPI's of 0.8 or greater. For patients who do not tolerate high compression or with mixed etiology with ABPI's of 0.5 and greater, select 3M Coban 2 Layer Lite Compression System.		Use of the appropriate product will ensure effective, comfortable compression.
18. Position: Assist patient into comfortable position with calf relaxed and foot supported in dorsiflexed position (90°).		Applying the bandage with muscles relaxed provides the most effective inelastic sleeve with a neutral and functional foot position.
19. Begin at 5th metatarsal head with a circular winding at the base of the toes. Bring the roll across foot so middle of the bandage width approximately covers the articulating aspect of the ankle joint. Tip: Hold roll low; apply the material at full extension slowly for easy, smooth conformance.		Keeps foot in neutral (comfortable) position, conforms the bandage smoothly with less bulk across ankle.
20. Complete two or three figures of eight around the ankle ensuring the entire heel is covered. Once the foot has been completely bandaged and prior to proceeding up the leg, cut the material and mold to the underlying layer.		Ensures even compression with the foot in a neutral (comfortable) position and conforms the bandage smoothly with less bulk across ankle.
21. Proceed up the contoured area with individual windings with 50% overlap until the bandage spirals easily. This ensures complete coverage with at least 2 layers.		Provides optimal conformability for highly contoured areas. Thin, even compression against the limb.
22. End the bandage just below the fibular head and even with the top edge of the comfort layer. Cut off excess material.		Provides even, inelastic compression with less variability between applications.
23. Press and conform layers together.		Molds and coheres layers together.
Removal		
23. Explain: Cut with bandage scissors or unwind.		Easy to remove by patient or clinician.

