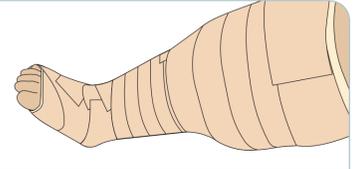


3M™ Coban™ 2 Compression System Application for Leg with Apron/Lobules/Skin Folds

Materials & Positioning

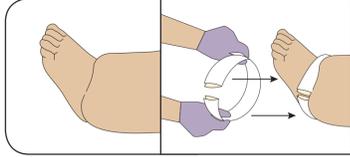
- Select the width of comfort and compression layers that best covers the area to be bandaged and conforms smoothly.
- For many patients, it is necessary to apply the materials using cutting technique.
- Apply the bandage with the patient sitting, lying or standing comfortable with muscles relaxed.
- When skin folds are deep, comfort foam layer material can be used to avoid skin-to-skin contact. The comfort foam layer is folded with foam side out and positioned without tension underneath the fold.



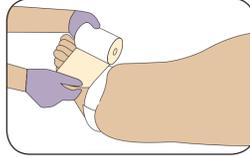
Application for Apron/Lobules/Skin Folds on Lower Leg

Layer 1: Comfort Foam Layer

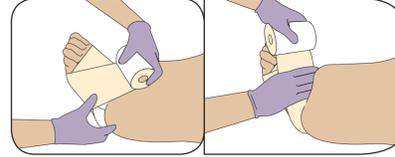
- Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with **minimal overlap**.
- Cover the skin with as thin a layer as possible with no gaps.
- When skin folds (aprons) are present, use pieces of comfort foam layer folded with foam side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



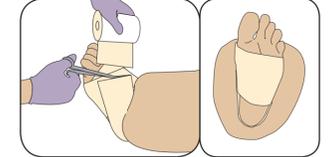
Step 1: When skin folds (aprons) are present, use pieces of comfort foam layer folded with foam side out to separate them.



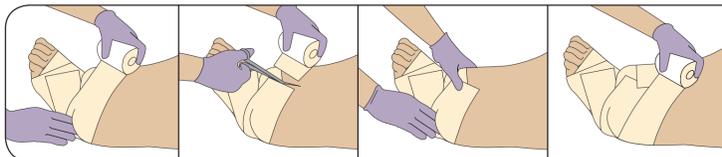
Step 2: With the foot in a 90° dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the fifth metatarsal head. Beginning at the fifth toe provides neutral, comfortable foot alignment.



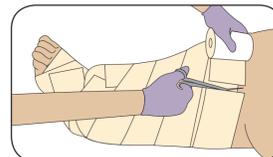
Step 3: The second circular winding should come across the top of the foot so that the middle of the bandage width approximately covers the articulating aspect of the ankle joint. If necessary, gently lift apron and take the material beneath the apron while moulding the application to the anatomy. Bring this winding around the back of the heel and lay it over the top of the foot where it overlaps the underlying material.



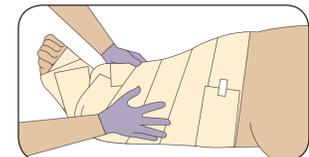
Step 4: Cut the wrap and gently press into place. The posterior plantar surface of the foot is not completely covered.



Step 5: With **minimal overlap**, proceed up the leg in a spiral technique with just enough tension to conform smoothly along the contours. If the bandage spiral does not conform with minimal overlaps, the bandage may be cut to redirect the application. Continue up the leg to cover all skin with as thin a layer as possible. **NOTE: Individual windings may be used for highly contoured legs.**



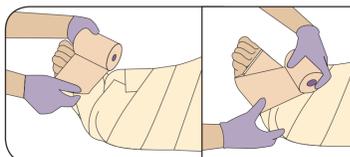
Step 6: The top of the bandage should end just below the fibular head, or two fingers width below the crease at the back of the knee.



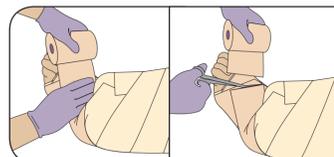
Step 7: Apply light pressure to the comfort layer with your hands. This helps to mould the bandage to the patient. The end of the comfort foam layer may be secured with tape. **NOTE: If the toes are going to be included, apply compression layer after the toe application (see "Application for Toes" on 3M™ Coban™ 2 Compression System Application for the Leg and Foot).**

Layer 2: Compression Layer

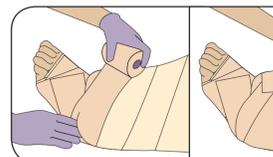
- Apply even compression with at least two layers. Even compression is best achieved when the material is applied at full stretch.
- It is recommended that you hold the roll close to the foot and limb throughout the application for controlled, even compression.
- If "bulges" are noted after the application,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



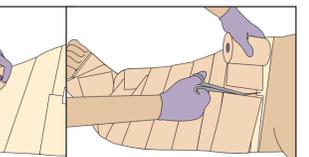
Step 8: With the foot in a 90° dorsiflexed position, start the application with a circular winding at the base of the toes, beginning at the 5th metatarsal head.



Step 9: Complete two or three figures of eight around the ankle ensuring that the entire heel is covered.



Step 10: Proceed up the leg with 50% overlaps 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. If the bandage spiral does not conform with minimal overlaps, the bandage may be cut to redirect the application.

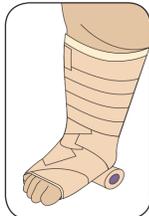


Step 11: Mould the entire application to conform to the anatomy.

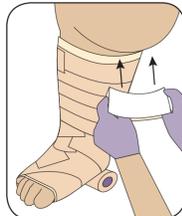
Application for Apron/Lobules/Skin Folds at Knee and Above the Knee

Layer 1: Comfort Foam Layer

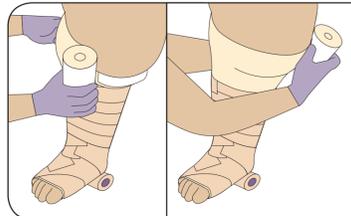
- Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the leg with **minimal overlap**.
- Cover the skin with as thin a layer as possible with no gaps.
- When skin folds (aprons) are present, use pieces of comfort foam layer folded with foam side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



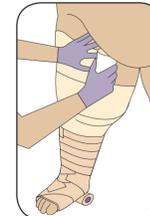
Step 12: Reposition the patient to a standing position and flex the knee by placing a roll of bandage under the heel.



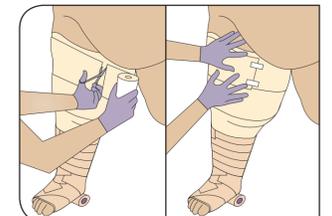
Step 13: When skin folds (aprons) are present, use pieces of comfort foam layer folded with foam side out to separate them.



Step 14: Select a 15cm or 20cm comfort foam layer, depending on the size of the limb. Apply 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 15: Proceed to the top of the leg. Keep the overlaps as minimal as possible. When coming under the apron, lift apron (patient can assist) and take the material beneath the apron while moulding the application to the anatomy.

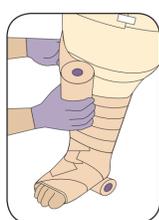


Step 16: Apply two full circular windings of comfort foam layer at the top of the leg to prevent edge roll. As you end the application, apply light pressure and cut off the excess material.

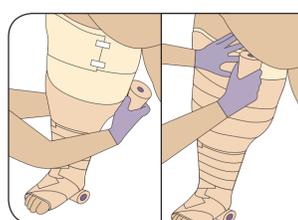
Layer 2: Compression Layer

- 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 "bulges" are noted after the application, apply additional compression layer until the limb appears smooth.

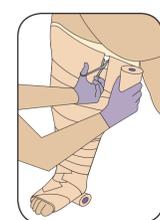
Step 17: Begin the 15cm compression layer application with a 50% overlap of the below knee bandage. Cover the knee using spiral windings or figures of eight as needed to conform. Ensure that the center of the bandage is in the center of the popliteal crease and centered over the patella.



Step 18: 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 19: Stop the compression layer application at top of leg. Apply light pressure and cut off the excess material.



Step 20: Mould the entire application to conform to the anatomy.



Bandage Removal

Dipping the scissor tips into cream allows comfortable and easy bandage removal.

