APPLICATION INSTRUCTIONS

For ankle circumferences less than 18cm:
- Achilles is not suitable for short-stretch bandaging.
- Short-stretch bandaging is used instead.

For ankle circumferences between 18 - 25cm:
- Apply one layer of bandaging before applying another.
- Continue bandaging in single layer from ankle to above the knee.

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

For ankle circumferences greater than 25cm:
- Apply the first layer of bandaging in a simple spiral from the ankle to just above the knee.
- Continue bandaging in a single layer from ankle to above the knee.

Conclusion

Nurses need to be familiar with all forms of bandaging techniques as it can be a positive and educational experience.

References


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