

Patient position

The patient is sitting, the arm to be bandaged is supported by a firm pad. Keep the material ready on a bandage trolley.



Before bandaging, carefully massage an acid buffered skin conditioner (Cutimed® Acute, cream mousse) into the skin.



Measure out the tubular bandage (Tricofix®) to be used as underwrap: double the arm length from the back of the hand to the shoulder.



Draw the tubular bandage (Tricofix®) crease free from the back of the hand to the shoulder. Cut a hole in the bandage for the thumb.



Bandaging of the fingers with doubled fixation bandage (Elastomull®) starts with an anchor on the wrist and metacarpo-phalangeal joints.



Bandage the fingers with at least two turns applied singly with light tension. Leave the finger pads free.



Secure each finger bandage with an anchor around the back of the hand.



Bandage the thumb in the same manner as the fingers.



Pad with a 10 cm wide padded bandage (Soffban®). Place the thumb through an aperture.



Bandage the forearm with the padded bandage (Soffban®) in half-overlapping circular turns.



Fix a prepared padding element for the elbow using a padded bandage (Soffban®).



Starting with a 15 cm wide padded bandage (Soffban®) distal to the elbow, bandage the arm towards proximal.



Complete the padding with two 15 cm wide padded bandages (Soffban®).



Start the compression bandaging of short-stretch bandages (Comprilan®) with an anchor on the wrist (bandage width 6 cm).



Turn from the back of the hand to the palm, returning to the back of the hand.



After one turn across the middle phalanx of the thumb, hold the edge of the bandage down.



To prevent pocketing between the thumb and index finger, press down the edge of the previous turn.



Repeat this turn once more.



The first short-stretch bandage (Comprilan®) ends with two figures of eight just behind the wrist.



The patient presses her clenched fist against the therapist's abdomen and tenses the muscles.



An 8 cm wide short-stretch bandage (Comprilan®) runs from the wrist in long figures of eight to below the elbow.



In opposite directions, beginning with a circular turn, apply a 10 cm wide short-stretch bandage (Comprilan®) in figures of eight over the elbow and upper arm. It ends with 2-3 circular turns below the shoulder.



Fix the end of the bandage with strips of surgical tape (Leukoplast®). Pull the end of the tubular bandage over the edge of the bandage for protection.



On the forearm, the finished bandage consists of five layers of short-stretch bandage (Comprilan®), at the proximal end of only three layers.

Material Required

Skin care Cutimed Acute 125 ml -5% 7264105	Fixation bandage Elastomull 6 cm x 4 m (cello) 209500 Elastomull 8 cm x 4 m (cello) 209600	Alternative fixation bandage Elastomull haft 4 cm x 4 m 4547000	Compression bandage Comprilan 6 cm x 5 m (ind.) 102600 Comprilan 8 cm x 5 m (ind.) 102700 Comprilan 10 cm x 5 m (ind.) 102800 Comprilan 12 cm x 5 m (ind.) 102900
Skin protection Tricofix d/5 8 cm x 20 m 219500 Tricofix e/6 10 cm x 20 m 219500	Padding material Soffban 10 cm x 2,7m 7148605 Soffban 15 cm x 2,7m 7146501	Alternative padding materials Comprifoam 10 cm x 2,5 m x 0,3 cm 7529401 Comprifoam 10 cm x 2,5 m x 0,4 cm 7529400	
Fixation material Leukoplast with snap ring 2,5 cm x 5 m 152200			