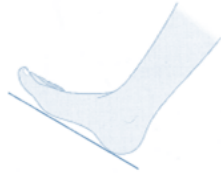


FIGURE 8 BANDAGING TECHNIQUE

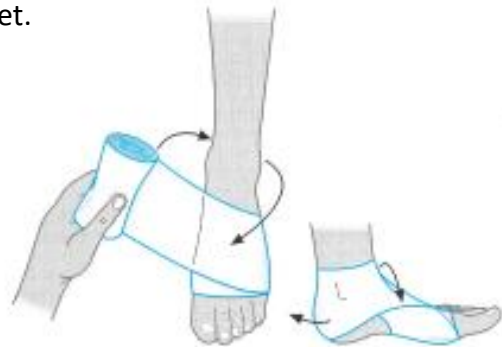
ALL compression bandaging is applied from below the toes until it reaches 2cm from the crease behind the knee. The foot must remain in dorsiflexion. Always apply an underpadding layer first.



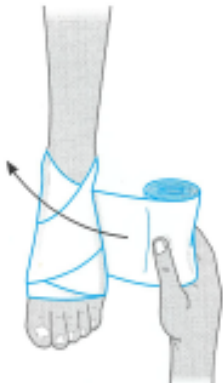
- 1.** Start bandaging at the base of the toes and bandage around the foot. Do not apply tension at this point.



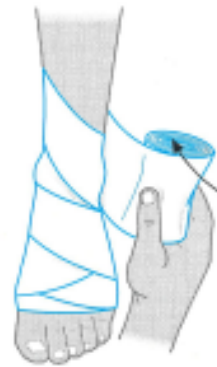
- 2.** Repeat this step to secure the bandage and then continue around the base of the heel. The bandage is firm but no tension is applied yet.



- 3.** The next turn of the bandage goes over the forefoot in an upward direction and encloses the foot and continues up the leg.



- 4.** From the back to the leg the bandage goes in a downward direction back to the front of the leg overlapping 50%.



- 5.** The next turn of the bandage goes over the midline of the leg in an upward direction and back towards the front in a downward direction.



- 6.** You will see the characteristic criss-cross pattern on the bandage down the midline of the leg. Continue until the bandage is 2cm from the crease behind the knee. Tape securely.

