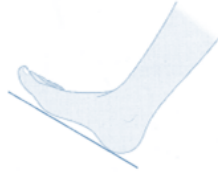
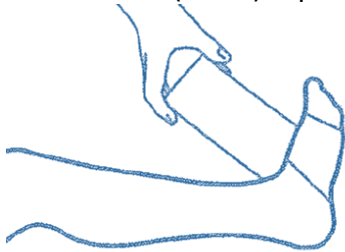


# ZINC PASTE BANDAGING TECHNIQUE

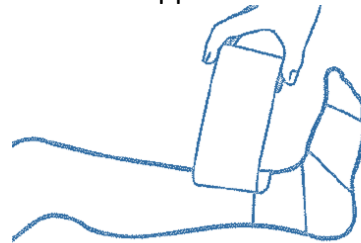
ALL compression bandaging is applied from below the toes until it reaches 2cm from the crease behind the knee. The foot must remain in dorsiflexion.



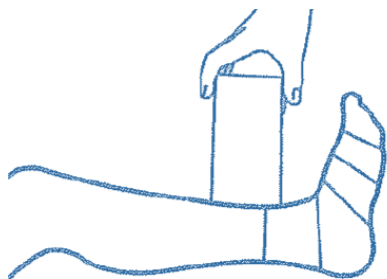
1. Start bandaging from the medial (inner) aspect of the foot at the base of the toes, towards the lateral (outer) aspect.



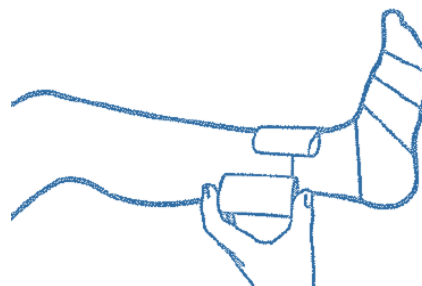
2. Ensure the bandage is never wrapped circumferentially. When the bandage is meets itself, fold it back on itself and continue in the opposite direction.



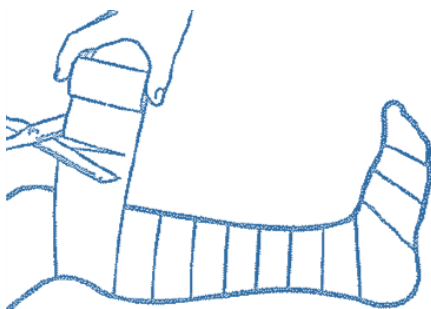
3. Continue with this technique over the foot and around the ankle.



4. Continue with the technique reversing direction along the midline of the leg.



5. Wrap the bandage up the leg spirally covering each turn by half (50% overlap). Smooth the zinc bandage down so its sits smoothly against the skin. It will conform easily. Cut off excess.



6. You will see the characteristic pattern down the midline of the leg. Continue until the bandage is 2cm below the knee crease. Apply soffban or compression bandage.

