

Four-layer Compression Bandaging System:



Layer 1: Viscous Padding Bandage

Application - Spiral technique

Overlap - 50%

Stretch - N/A

Apply the bandage without tension from the base of the toes up to the knee. If the ankle circumference is less than 18cm, apply an extra layer of padding to increase ankle circumference to 18cm.



Layer 2: Cotton Crepe Bandage

Application - Foot lock then spiral

Overlap - 50%

Stretch - 50%

Bandage from the base of the toes to create a smooth surface.



Layer 3: Light Elastic Compression Bandage

Application - Foot lock then figure of eight technique

Overlap - 50%

Stretch - 50%

Bandage from base of the toes with enough tension to secure the bandage around the foot and ankle. Begin compression at the ankle using a figure of eight technique finishing just below the knee.



Layer 4: Cohesive Bandage

Application - Spiral technique

Overlap - 50%

Stretch - 50%

Apply from the base of the toes to the knee, only commencing compression once at the ankle. Apply gentle pressure to the bandage to ensure the layers bind together.