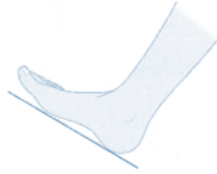


SPIRAL BANDAGING TECHNIQUE

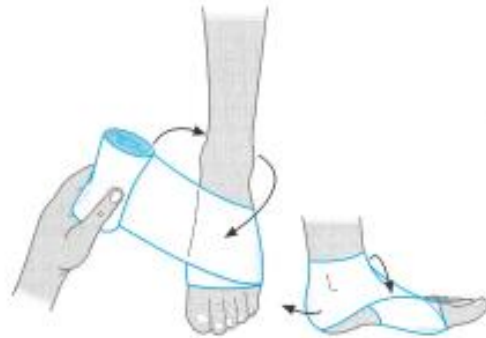
ALL compression bandaging is applied from below the toes until it reaches 2cm from the crease behind the knee. The foot must remain in dorsiflexion. Always apply an underpadding layer first.



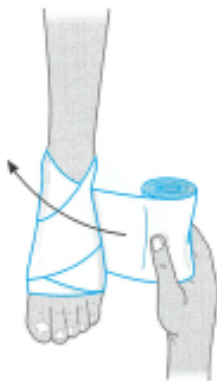
1. Start bandaging at the base of the toes and bandage around the foot. Do not apply tension at this point.



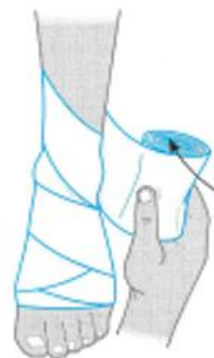
2. Repeat this step to secure the bandage and then continue around the base of the heel. The bandage is firm but no tension is applied yet.



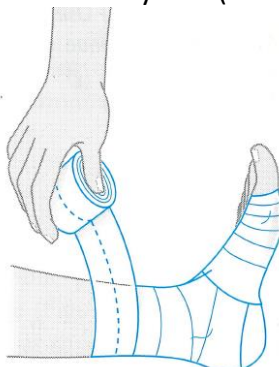
3. The next turn of the bandage goes over the forefoot in an upward direction and encloses the foot.



4. Commence bandaging in a spiral pattern from the ankle up the leg with a sustained amount of tension on the bandage.



5. Wrap the bandage up the leg spirally, covering each turn by half (50% overlap).



6. Continue until the bandage reaches 2cm from the crease behind the knee.

