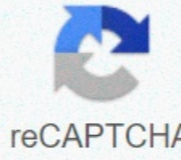


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## Ace bandage with velcro target

Image not available forColor: Elastic bandages are useful when an injury occurs, such as distortion or fatigue. These lesions often need the extra support, compression and protection offered by an elastic bandage. The elastic bandages are designed to comfortably wrap a wound area for the support, apply gentle pressure and still let the area breathe. At Walgreens, we offer a complete collection of elastic bandages from top brands like Ace to meet the needs of you and your family. Elastic bandages for support and compression Elastic bandages are available in a cotton and polyester mixture combined with synthetic rubber. This combination of tissues increases the elasticity of the bandage so that it wraps comfortably around a limb or wound area that needs support and compression. The material is designed to hold washes and repeated use. Some are specially treated with a substance that prevents the growth of odor-causing bacteria. How to adjust the length of the bandage It is easy to cut the elastic bandage to the length necessary to cover an area of the body whether it is an injured foot or an injured chest. Elastic bandages are available with easy-to-use closures, including clips, hook and loop closures, and self-locks that hold together without an attachment. Need guidance on how much elastic bandage to use? Elastic bandage sets are available with full instructions, and many include guidelines on how much to cut to cover a particular area of the body. Elastic bandages come in different widths from 2 inches to 6 inches. Two-inch widths are ideal for smaller body parts such as wrists, hands, and feet, while 6-inch widths are made to wrap a larger area like the chest. The instructions on the package will tell you the width of the elastic bandage and often for which parts of the body it is best used. Reading the instructions will help you make the best selection for your needs. Latex-free bandagesThis or someone in your family has a latex allergy? Elastic bandages made of latex-free elastic are available that are safe for people suffering from latex allergies. Be sure to carefully read the description to make sure a bandage is latex-free. Maximum support bandages If you are athletic or very active, you need an elastic bandage that offers maximum support. Some elastic bandages are specially designed for active people. These bandages provide solid and comfortable support for stumps and sprains without feeling constricting even when you train. Some have self-tight closures that do not require metal clips or hooks. When a doctor Elastic Bandages provide solid and comfortable support when support is guaranteed or recommended by your doctor. Always consult your doctor or healthcare professional if you have severe pain or are suspected of having a more serious injury and if the swelling does not go away in a few days. 1 Start at the foot. Use a four-inch wide bandage to Foot. Start with the rolled casing and relax as you go. Wrap diagonally, cross pattern as follows:[1] Start wrapping over the top of your foot near your toes. Wrap under foot to secure the bandage. When you wrap over your foot, you should move out of your foot. When you continue to wrap under foot, you should move inwards of the foot. Pull the bandage so that it is diagonal. It should not be at an angle of 90 degrees for the foot; instead, wrap at an angle of 30 degrees. Each time it wraps, reverse the direction of the diagonal to create a cross pattern, not a spiral. Instead, it should look more like a herringbone pattern. You want to overlay the bandages a little on both sides of the foot to provide additional support. The herringbone texture should ideally run up to the midline of your foot as you go – this provides pressure and support in all the right places. Do not wrap the center of the leg without wrapping the foot. 2 Wrap in a figure-8 pattern above the ankle. After wrapping over the top of the foot, continue around the heel. Keep wrapping yourself in front and above the top of your ankle to the outside of your foot. Next time around the ankle he will make an X on the front of the ankle. Wrap from under the inside of the heel, up and through the front to the lower part of the calf on the outside of the leg. 3 Continue wrapping your leg. Continue to work with a cross pattern above the ankle and above, keeping the herringbone running along the midline in the best possible way. [2] Wrap less tightly as you go beyond the calf and even looser in the knee. Be careful that the bandage lies flat. If there are wrinkles it will create pressure points and irritate you. When you get to the thigh, you can switch to using a larger bandage. For adults, you can use a six-inch wide bandage. For children and small adults, it is enough to use other four-inch bandage. If you find it too difficult to wrap a cross pattern on the calf and thigh, you can wrap those areas using a circular pattern. If you do, change to wrap in circles just above the ankle. Each new layer should overlap the previous one by 1/3 to 1/2 of the width of the bandage. Secure the casing with a clip at the end. 4 Check the seal. The casing should be tighter on the foot, looser on the calf and looser on the knee and thigh. It should not hurt and you should be able to mount a finger comfortably underneath. Examine the toes, if you squeeze them, you should see the blood quickly return to the tissue as soon as you release them. If the fingers of the show the following signs, the casing is too narrow:[3] Swelling Lack of color or tingling bluish tingling 1 Apply an ace bandage if you have a muscle or joint injury. If you are not sure that a compression casing would be beneficial or if you are how to wrap it, consult your doctor. Your doctor can advise you on what would be best for your particular injury and how to apply the casing exactly. Both strains and distortions can benefit from winding. [4] Fatigue occurs when muscles or tendons stretch or tear. Tendons attach muscles to bones. A distortion occurs when the ligaments stretch or tear. Ligaments run between bones. 2 Beware of signs of improvement. Compression casings serve multiple purposes to promote healing. They are best used when you need to stay mobile while healing your wound. Checking the bandage to make sure it does not hinder blood flow at least a couple of times a day is useful. They can help:[5] Reduce pain. Limit swelling. Protect the injured area. 3 Call your doctor if you have an infected wound. If you are not sure if you have an infection, you should still call your doctor and ask if he would like to see you. Signs of an infection include: A wound that emits a bad smell or loses pus. Warm, swollen and red skin or with red streaks running from the wound site. A fever. 1 Wash the wrappers after use. They are reusable, but must be kept clean. Read and follow the manufacturer's instructions. Most types are machine washable. Put them in a hosiery bag so that they do not cling to the machine. Use a gentle cycle and a mild soap. If you put them in the dryer, use a low setting so that the elastic retains its elasticity. If you do not use a dryer, lay them flat to dry. Do not tear or hang them. This will lengthen them. 2 Protect casings from harmful substances. Some substances can cause degradation of the elastic band or fibers of the casing. Do not use the following products on the skin when using wrappers: Lotions and petroleum jelly ointments with petroleum 3 Replace casings when needed. Depending on how much use they get, most wrappers will need to be replaced after one or two months. If the casing is no longer as elastic as when you bought it, this is a sign that needs to be replaced. Casings with tears or holes should also be replaced as this creates an irregular amount of pressure on the skin. Add new question Question What does it mean when the swelling doesn't come down? If you have swelling of your legs, ankles and feet, talk to your doctor. There may be something that keeps the swelling. Question Do I need to start wrapping my leg from below or from above? Depends on where it hurts. If the injury is down, start from the top. Question When lifting swollen legs, pressure bandages must be removed to eliminate the Yes, in general they should. Question If I have cuts on my leg, can I wrap it in an ace wrap? You can use an ace bandage if you have small scratches or scratches on your legs. If you have big cuts that are sneering, oozing or crying, I would suggest using gauze underneath to protect the lesions and absorb the fluid. Question Why do I need to wrap my foot if the casing is in the middle of my leg? The casing usually helps with swelling and allows you to do more light physical activity. Question Where can I buy the closures to prevent the wrapper around the leg from unfolding? You can buy them online, in your local pharmacy and in many other places. They are usually available in a single or multiple package. Ask a question Thank you! Co-author of: Emergency Medical Responder This article was co-written by Anthony Stark, EMR. Anthony Stark is a certified Emergency Medical Responder (EMR) in British Columbia, Canada. He currently works for Mountain View Safety Services and previously worked for the British Columbia Ambulance Service. Anthony holds a bachelor's degree in electrical, electronic and communications engineering from the Georgia Institute of Technology. This article has been viewed 151,046 times. Co-authors: 13 Updated: May 28, 2020 Views: 151,046 Categories: Bandages and Seasonings Print Send Fan Mail to Authors Thank you to all authors for creating a page that has been read 151,046 times. He helped me learn how to wrap a leg with an ace bandage. Sounds easy, thank you. Share your story