

## Compression Elastic Bandaging

Begin wrapping the band below your affected joint.

Wrap at an angle overlapping ~1/3 the width of the wrap moving up to cover the affected joint. Continue wrapping 2-4 times above the joint.

Check to make sure it is not too tight and you can fit 2 fingers under the wrap. It should be comfortable

After several minutes and while wearing, check to make sure the color and temperature of your toes and foot or fingers are normal compared to the other side.

**Remove if your foot or hand becomes blue, numb, cold or more painful.**

Remove every 3-4 hours and do not sleep with the band on.





