

# ELASTIC BANDAGE (ACE WRAP)

Compression Bandage Application • Quick Reference



**KEY RULE: WRAP DISTAL → PROXIMAL** (wrap from below the joint → above the joint, toward heart)  
Example: toes → knee, fingers → elbow. Overlap each layer by 50%. Keep snug but not tight.

FINGERS/TOES	WRIST/HAND/FOOT	ELBOW/ANKLE	KNEE/THIGH
2"	2-3"	3-4"	4-6"

- 1. POSITION LIMB** Place joint in slight flexion (natural position). Area clean & dry.
- 2. START BELOW INJURY** Begin at narrowest point BELOW injury. Roll facing outward.
- 3. ANCHOR 2-3 WRAPS** Make 2-3 circular wraps at start to secure before continuing.
- 4. WRAP UPWARD** Spiral for straight areas. Figure-8 for joints. Overlap 50%.
- 5. EVEN TENSION** Snug but not tight. One finger should fit under edge.
- 6. SECURE & CHECK** Secure with clips/tape. Check circulation immediately.

**☒ SPIRAL WRAP**  
**For: Forearm, lower leg, thigh (straight areas)**  
Angle upward with each wrap. Each pass overlaps previous by 50%

**∞ FIGURE-8 WRAP**  
**For: Ankle, wrist, knee, elbow (joints)**  
Start wrap below joint → cross diagonally above → alternate to form figure 8. Extending above the joint.

- ⚠ CHECK CIRCULATION — REMOVE & REWRAP IMMEDIATELY IF:**
- Numbness/Tingling
  - Increased Pain
  - Blue/Pale Skin
  - Cold Extremity
  - Swelling Beyond

- ✓ DO**
- ✓ Wrap distal → proximal (wrap beneath injury upward towards heart)
  - ✓ Overlap each layer by 50%
  - ✓ Maintain even, consistent tension
  - ✓ Check circulation immediately after wrapping

- ✗ DON'T**
- ✗ Wrap proximal → distal (knee → toes)
  - ✗ Leave gaps or wrap too loosely
  - ✗ Pull tighter as you go
  - ✗ Ignore numbness, tingling, or color changes

**Rewrap if:** Too tight/loose • Bunched • Swelling changes • Remove during sleep unless directed

Questions?  
Call OptiCare Connect

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