3M™ Coban™ 2 Lite Compression System Application for the Hand and Arm

**Materials & Positioning**
- Select the 10cm (4 inch) Coban™ 2 Lite Comfort Foam Layer and Coban™ 2 Lite Compression Layer for most hands and arms. **NOTE:** Always ensure, when bandaging limbs, that the bandage is applied with the muscles relaxed. This helps the system to work better when the muscles flex after application.
- If the arm is large, a roll each of 7.5cm (3 inch) or 10cm (4 inch) Coban™ 2 Lite Comfort Foam Layer and Coban™ 2 Lite Compression Layer can be used for the hand and 10cm (4 inch) should be used to cover the arm.
- When the fingers are going to be bandaged, apply the Coban Comfort Layer only on wrist and hand, rather than to apply it to the entire arm. After the finger application, bandage the remainder of the arm. This results in a smooth and wrinkle-free application of the comfort foam layer on the entire arm, especially in the elbow region.

**Application of Comfort Foam Layer to Hand and Arm**

**Layer 1: Comfort Foam Layer**
- Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the arm with minimal overlap.
- Cover the skin with as thin a layer as possible with no gaps.

**Step 1:** Position the hand and arm in a neutral position (either pronated or supinated) with the thumb pointing upward.

**Step 2:** To create a thumb opening, measure the bandage from the lateral edge to the thumb. Fold the bandage at the measured length and cut an X-shaped slit in the middle of this bandage.

**Step 3:** Apply the comfort layer from the lateral margin of the hand to the lateral border of the thumb. Apply the comfort layer to the base of the thumb and continue with circular windings up the arm with minimal overlap, moulding to the anatomy.

**Step 4:** Wind the roll under the palm ensuring the top of the bandage is placed at the base of the 5th finger. Bring the bandage over the dorsum of the hand to the base of the thumb and continue with circular windings up the arm with minimal overlap, moulding to the anatomy.

**Step 5:** Bring the bandage along the thumb to the base of the nail bed with no tension. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and 50% overlapping layers. Mould the bandage to conform to the anatomy.

**Step 6:** At the base of the thumb, bring the bandage across the dorsum of the hand with no tension to the base of the 5th finger nail bed. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and 50% overlapping layers. Mould the bandage to conform to the anatomy.

**Step 7:** At the base of the 4th finger, bring the bandage over the lateral border and make a circular winding through the 1st web space.

**Step 8:** When crossing the elbow, ensure that it is slightly flexed and that the elbow crease is central in the middle of the bandage.

**Step 9:** Measure the bandage from the lateral edge of the hand to the thumb.

**Step 10:** Fold the material and cut an X-shaped slit in the middle of the bandage.

**Step 11:** Apply the compression layer from the lateral margin of the hand with the thumb positioned through the slit. Apply full stretch to both ends of the bandage to ensure even compression.

**Application of Compression Layer to Fingers**

**Finger Wraps**
- Select a 2.5cm (1 inch) Coban™ 2 Lite Compression layer.
- For additional inter-digital comfort, a web spacer may be used prior to finger bandaging (See OPTIONAL Steps A, B, and C). If not needed, proceed to Step E.

**Step A:** Prepare a web spacer to protect the finger web spaces. Fold a piece of 10 x 25cm comfort foam layer in half. On hold, make two triangle cuts with top slits to create openings for fingers. Thin outer edges to follow thumb and hand contours.

**Step B:** Begin with an anchor turn at the base of the thumb just above the wrist and make a circular winding with no tension.

**Step C:** Overlap and mould the bandage over the dorsum of the hand with the thumb pointing upward. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and 50% overlapping layers. Mould the bandage to conform to the anatomy.

**Step D:** Bring the bandage along the thumb to the base of the nail bed with no tension. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and 50% overlapping layers. Mould the bandage to conform to the anatomy.

**Step E:** Mould the layers together to conform to the shape of the hand.

**Inter-digital edema**
When inter-digital edema is present, you may cover the proximal finger area by ten folding the bandage with no tension, moulding it in place continuously. Once all of the inter-digital spaces are covered and moulded, finish with a circular turn of the bandage with no tension and press into place.

**Application of Compression Layer to Hands and Arm**

**Layer 2: Compression Layer**
- Apply even compression with at least two layers. Even compression is best achieved when the material is applied at full stretch.
- It is recommended that you hold the roll close to the hand and limb throughout the application for controlled, even compression.
- If “bulges” are noted after the application, apply additional compression layer until the limb appears smooth.

**Step 1:** Position the hand and arm in a neutral position (either pronated or supinated) with the thumb pointing upward.

**Step 2:** Wind the bandage around the hand to the base of the thumb at full stretch and proceed up the arm, medial to lateral, with circular windings and 50% overlapping layers.

**Step 3:** When crossing the elbow, ensure that it is slightly flexed and that the elbow crease is central in the middle of the bandage.

**Step 4:** Continue to apply at full stretch with 50% overlapping layers to the top of the arm.

**Step 5:** Mould the bandage to conform to the anatomy.

**Bandage Removal**
Dipping the scissor tips into ethanol allows comfortable and easy bandage removal.