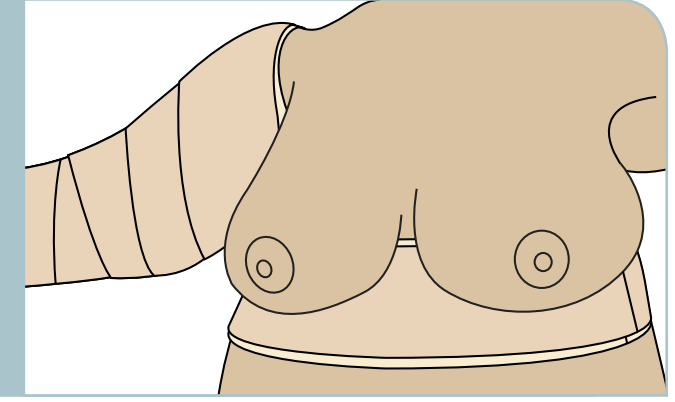


# 3M™ Coban™ 2 Lite Compression System Application for the Shoulder Spica

## Materials & Positioning

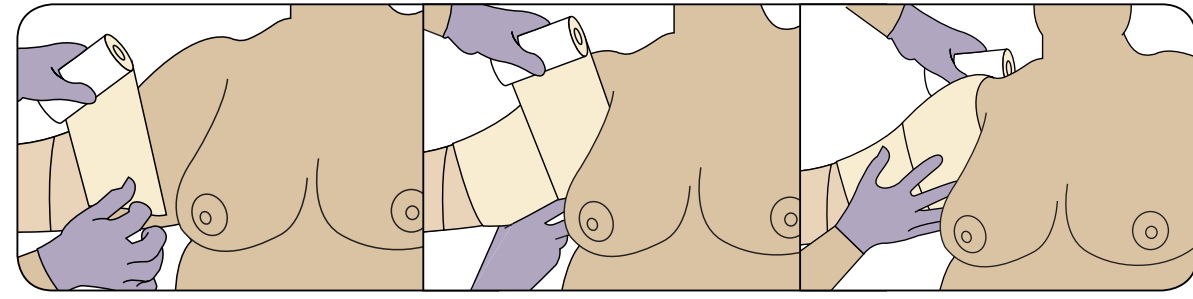
- The spica application is useful if the top edge of the bandage frequently rolls, to avoid slippage when there is extreme oedema at root of the limb or to control oedema at the posterior ipsilateral quadrant.
- Select the 10cm (4 inch) or 15cm (6 inch) 3M™ Coban™ 2 Lite Comfort Foam and 3M™ Coban™ 2 Lite Compression Layers depending on the size of the patient.



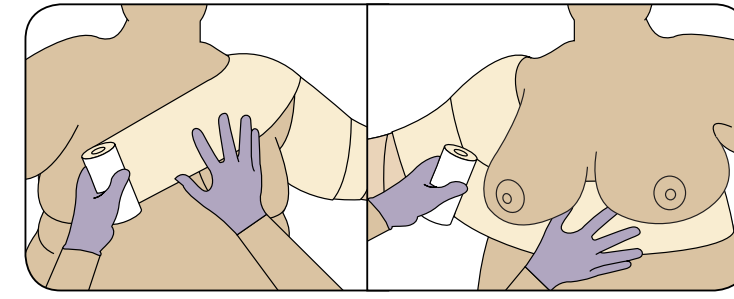
## Application of Comfort Foam Layer to Shoulder Spica

### Layer 1: Comfort Foam Layer

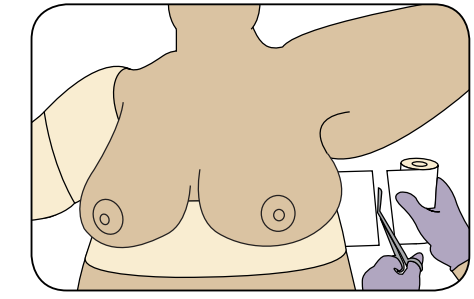
- Apply this layer with the foam side against the skin with just enough tension to conform.
- Cover the skin with as thin a layer as possible with no gaps.



**Step 1:** Select the 10cm or 15cm comfort foam layer and begin the application with a minimal overlap of the upper arm bandage. Make a couple of circular windings and bring the bandage over the shoulder, centering the acromioclavicular joint in the middle of the bandage.

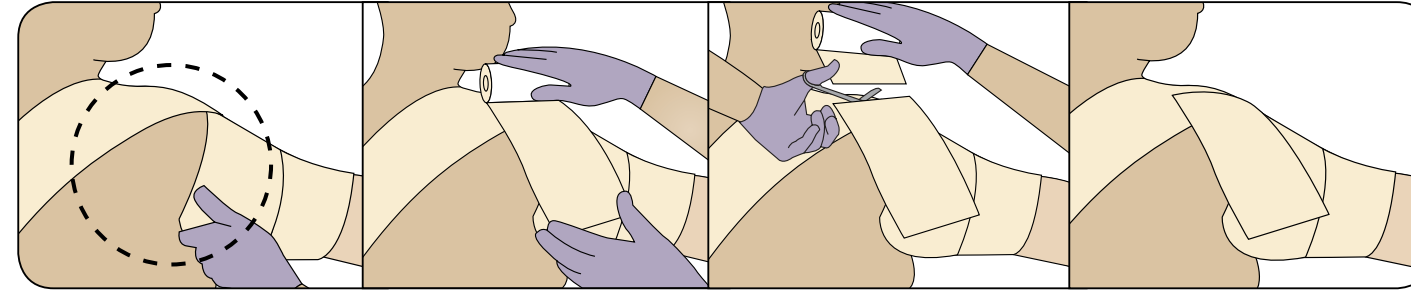


**Step 2:** Bring bandage across the back and under the opposite arm. Ask the patient to take a deep breath and continue around the front of the torso. Bring the material beneath the breasts while moulding the application to the anatomy.



**Step 3:** After making a complete circular winding around the torso, ask the patient to take a deep breath. Cut the material and mould to the underlying layer.

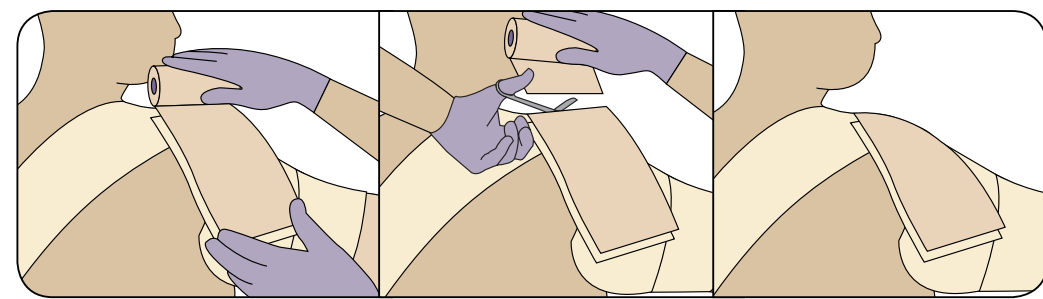
**Step 4:** To complete the application over the exposed skin on back of shoulder (see dashed line), apply pieces of comfort foam layer as needed to cover the area. Cut and mould application to the anatomy.



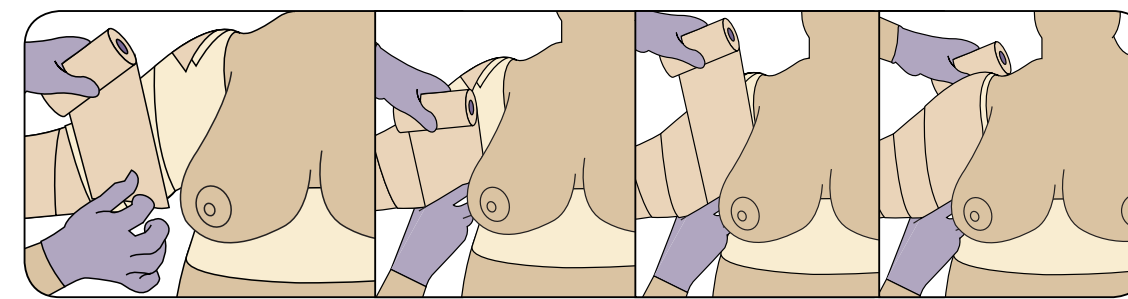
## Application of Compression Layer to Shoulder Spica

### Layer 2: Compression Layer

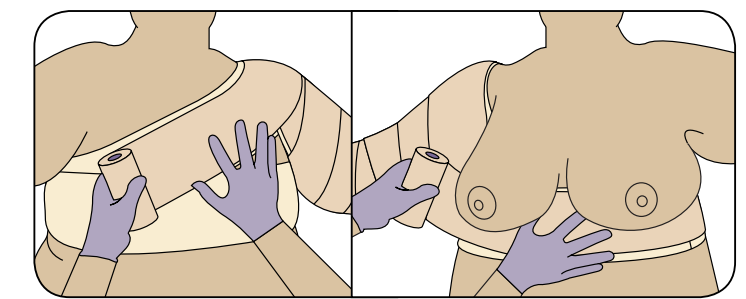
- Apply even compression with at least two layers. Even compression is best achieved when the material is applied at full stretch.
- It is recommended that you hold the roll close to the body throughout the application for controlled, even compression.
- If “bulges” are noted after the application, apply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



**Step 5:** Select the 10cm or 15cm compression layer and apply pieces large enough to cover the shoulder (see Step 4). Cut and mould application to the anatomy.

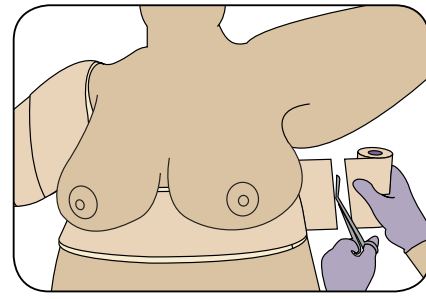


**Step 6:** Apply compression layer with a 50% overlap to the upper arm bandage. Cover the upper arm with a few circular windings and bring the bandage over the shoulder.

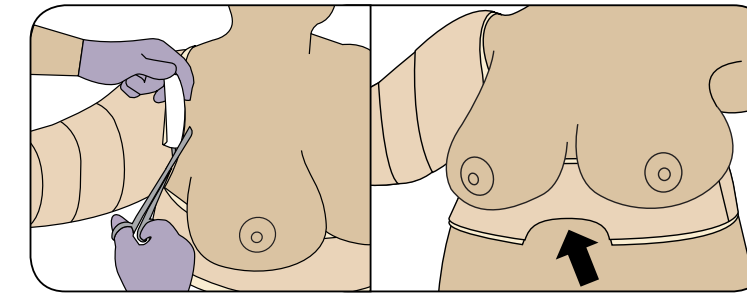


**Step 7:** Bring bandage across the back and under the opposite arm. Ask the patient to take a deep breath and continue around the front of the torso. Bring the material beneath the breasts while moulding the application to the anatomy.

**Step 8:** After making a complete circular winding around the torso, ask the patient to take a deep breath. Cut the material and mould to the underlying layer.



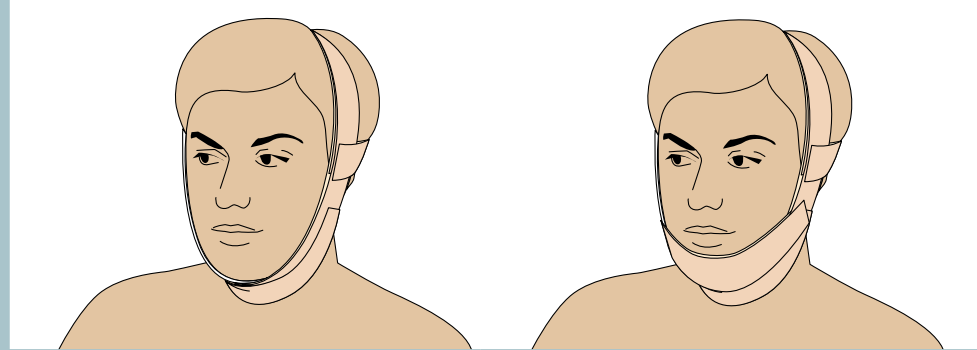
**Step 9:** Trim any areas that may hinder neck, arm or axillary movement to allow maximum range of motion. For additional comfort, bandage may be trimmed at the xiphoid process.



# 3M™ Coban™ 2 Lite Compression System Application for the Head and Neck

## Materials & Positioning

- Select the 5cm (2 inch) 3M™ Coban™ 2 Lite Comfort Foam Layer, and select the 5cm (2 inch) 3M™ Coban™ 2 Lite Compression Layer for the head and neck application.



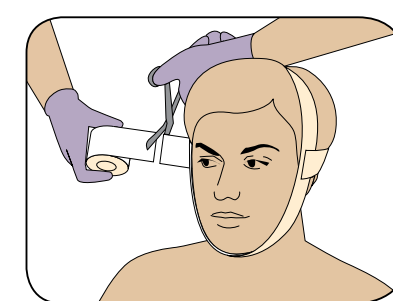
## Application of Comfort Foam Layer to Head and Neck

### Layer 1: Comfort Foam Layer

- Apply this layer with the foam side against the skin with just enough tension to conform.
- Cover the skin with as thin a layer as possible with no gaps.



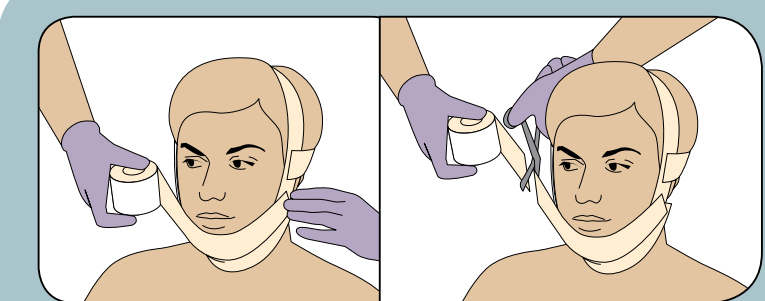
**Step 1:** Using the 5cm comfort foam layer, begin the application laterally with the bandage positioned in front of the ears. Make a circular winding with enough tension as you come across the sub mandibular region to provide lift of the oedema. End the winding with a 2,5cm overlap. When the circular winding is completed, cut and mould the ends together.



**Step 2:** To stabilize the bandage, apply a piece of comfort foam layer around back of the head, placed above the ears. Cut and mould to the underlying layer.



**Step 3:** Apply an additional strip of comfort foam layer to cover the remaining submandibular area.



**Step 4 (Optional—For chin oedema):** If needed, strips of comfort foam layer can be used for chin oedema.

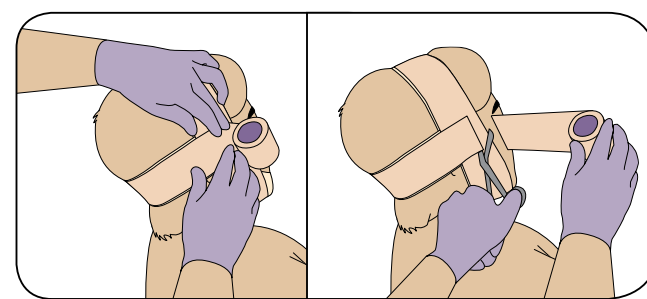
## Application of Compression Layer to Head and Neck

### Layer 2: Compression Layer

- Apply even compression with at least two layers using just enough tension to conform for comfortable support.



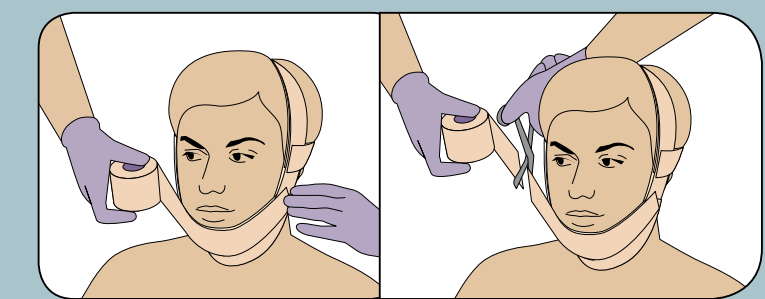
**Step 5:** Use the 5cm compression layer, begin the application laterally with the bandage positioned in front of the ears. Make a circular winding with enough tension as you come across the sub mandibular region to provide lift of the oedema. End the winding with a 2,5cm overlap. Cut and mould.



**Step 6:** Apply a piece of compression layer over the posterior comfort layer strip using enough tension to conform. Cut and mould.



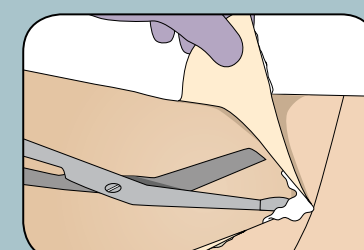
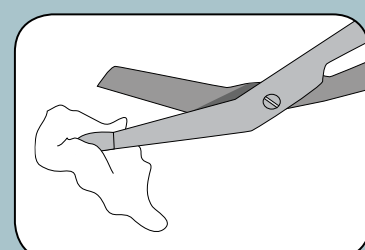
**Step 7:** Apply additional strips of compression layer to cover the submandibular area with at least 2 layers. Apply with enough tension to provide sufficient but comfortable lift. Cut and mould to anatomy.



**Step 8:** Cover the comfort layer strips over the chin with 2 layers of compression layer.

## Bandage Removal

Dipping the scissor tips into cream allows comfortable and easy bandage removal.





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