

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

## Materials & Positioning

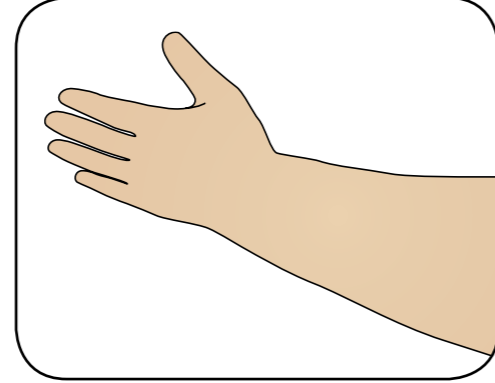
- Select the 10cm (4 inch) Coban™ 2 Lite Comfort Foam Layer and Coban™ 2 Lite Compression Layer for most hands and arms. **NOTE: Always ensure, when bandaging limbs, that the bandage is applied with the muscles relaxed. This helps the system to work better when the muscles flex after application.**
- 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 15cm (6 inch) should be used to cover the arm.
- When the fingers are going to be bandaged, apply the Comfort Foam Layer only on hand and wrist, 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.



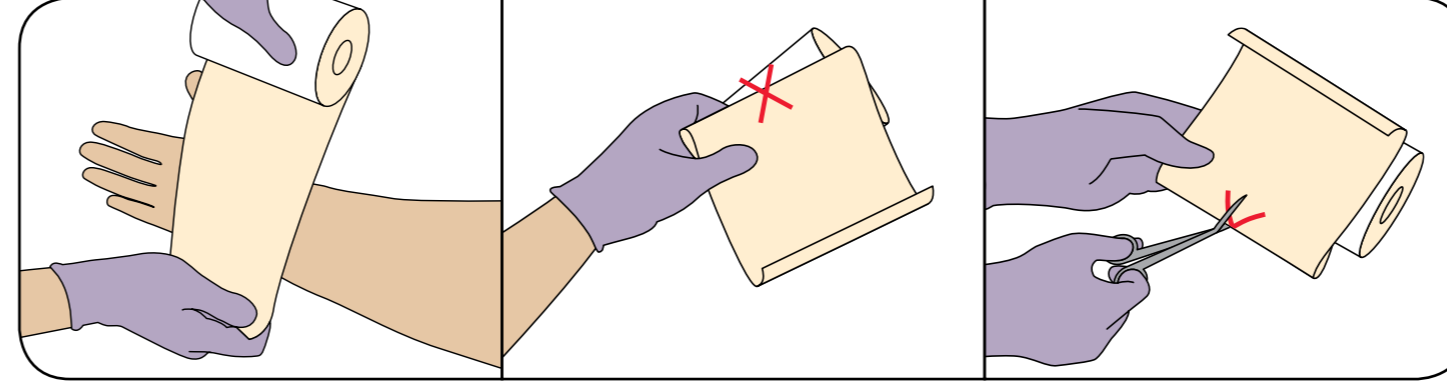
## Application of Comfort Foam Layer to Hand and Arm

### Layer 1: Comfort Foam Layer

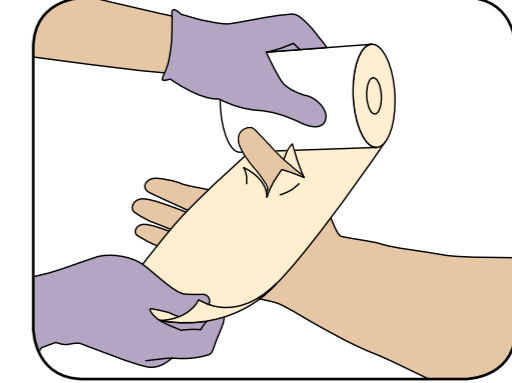
- Apply this layer with the foam side against the skin, using just enough tension to conform to the shape of the arm with **minimal overlap**.
- Cover the skin with as thin a layer as possible with no gaps.



**Step 1:** Position the hand and arm in a neutral position (neither pronated nor supinated) with the thumb pointing upward.

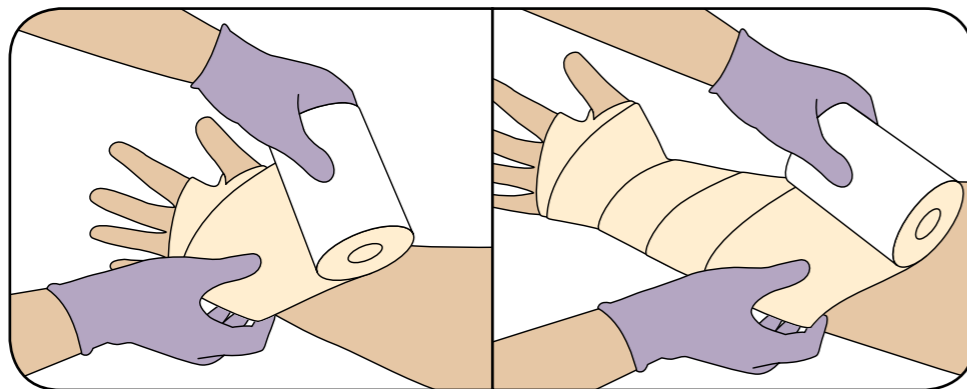


**Step 2:** To create a thumb opening, measure the bandage from the lateral edge to the thumb. Fold the bandage at the measured length and cut an X-shaped slit in the middle of the bandage.

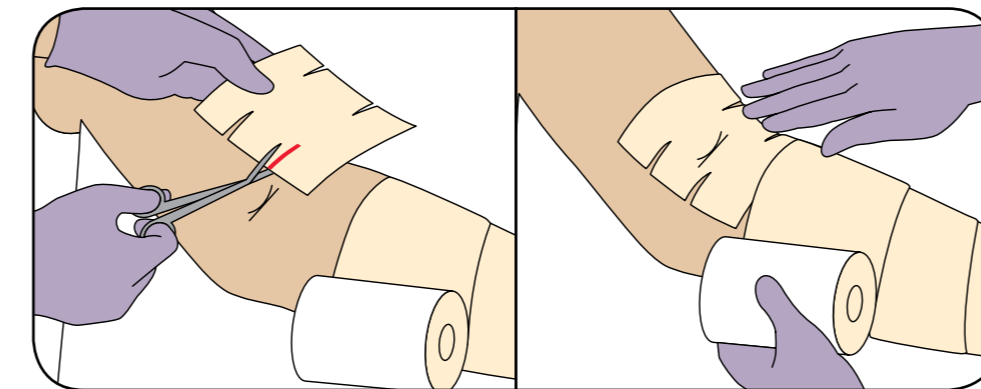


**Step 3:** Apply the comfort layer from the lateral dorsum of the hand with the thumb positioned through the slit.

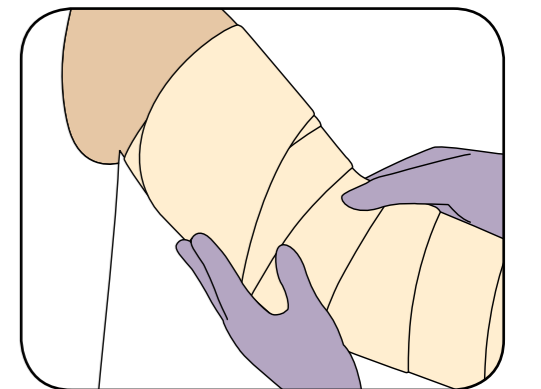
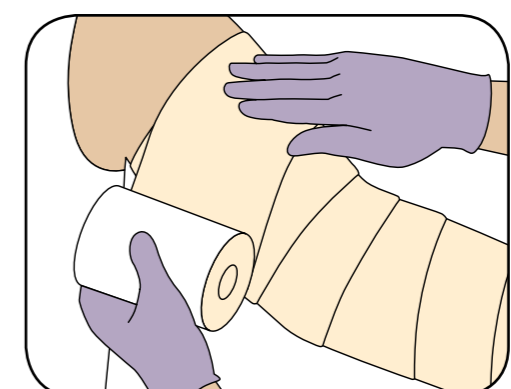
**Step 4:** Wind the roll under the palm ensuring the top of the bandage is placed at the base of the 5th finger. Bring the next winding over the dorsum of the hand to the base of the thumb and continue with circular windings up the arm with minimal overlap, moulding to the anatomy.



**Step 5:** An additional piece of comfort layer prepared with edge slits for conformability, may be used for comfort in the antecubital fossa area. Ensure the arm is in a flexed position and make sure that no bandage edge lies along the elbow crease.



**Step 6:** Continue with circular windings and minimal overlap. Finish with a 2nd circular winding at the top of the arm for additional stability.

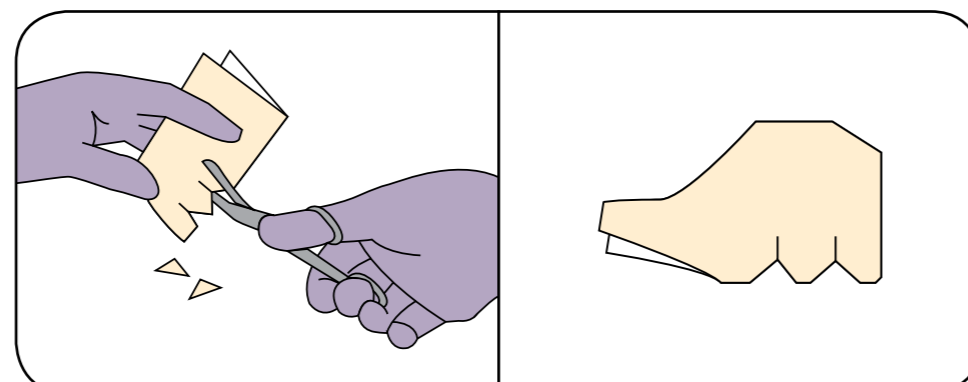


**Step 7:** Mould the bandage to conform to the anatomy.

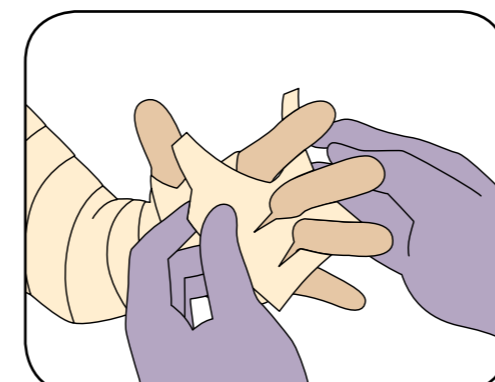
## Application of Comfort Foam Layer and Compression Layer to Fingers

### Finger Wraps

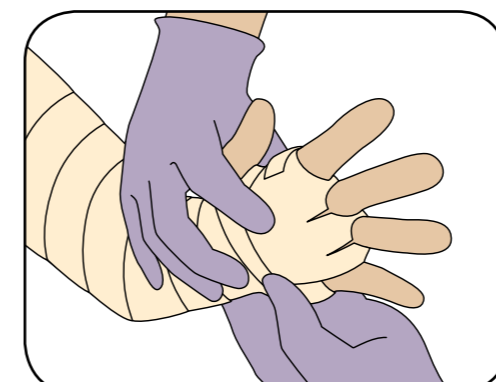
- Select a 2.5cm (1 inch) Coban™ 2 Lite Compression layer.
- For additional inter-digital comfort, a web spacer may be used prior to finger bandaging (See **OPTIONAL Steps A, B, C and D**). If not needed, proceed to Step E.



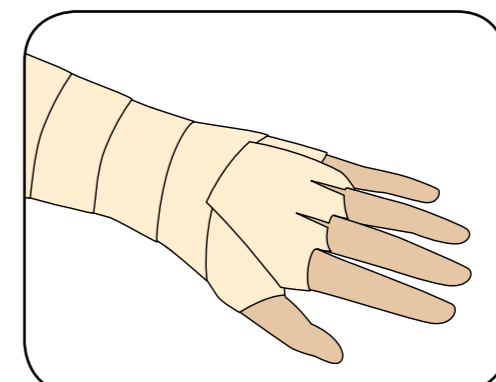
**Step A:** Prepare a web spacer to protect the finger web spaces. Fold a piece of 10 x 25cm comfort foam layer in half. On fold, make two triangle cuts with top slits to create openings for fingers. Trim outer edges to follow thumb and hand contours.



**Step B:** Apply the web space protector with the 3rd and 4th finger through the openings.



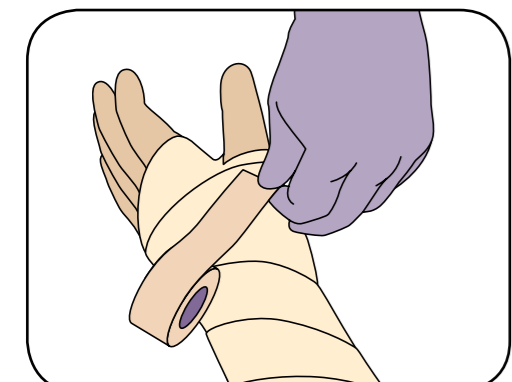
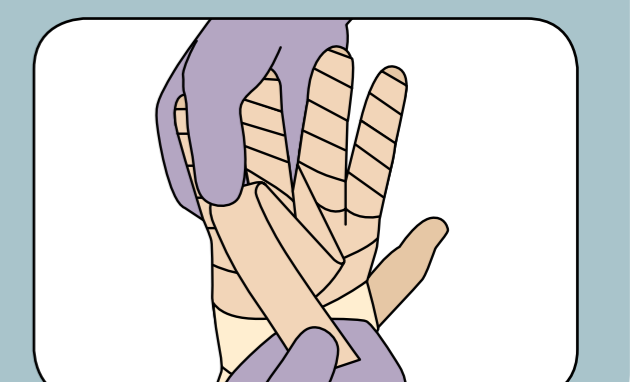
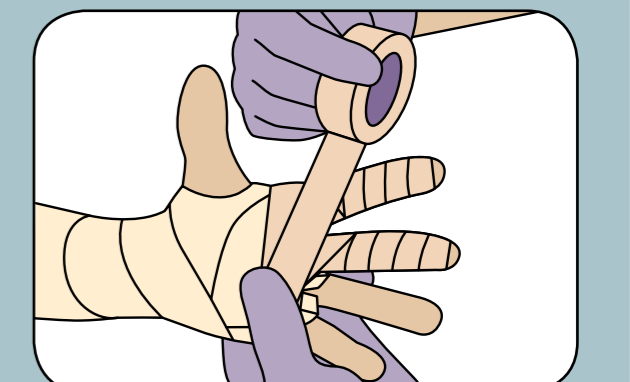
**Step C:** Overlap and mould the edges in the thumb web space.



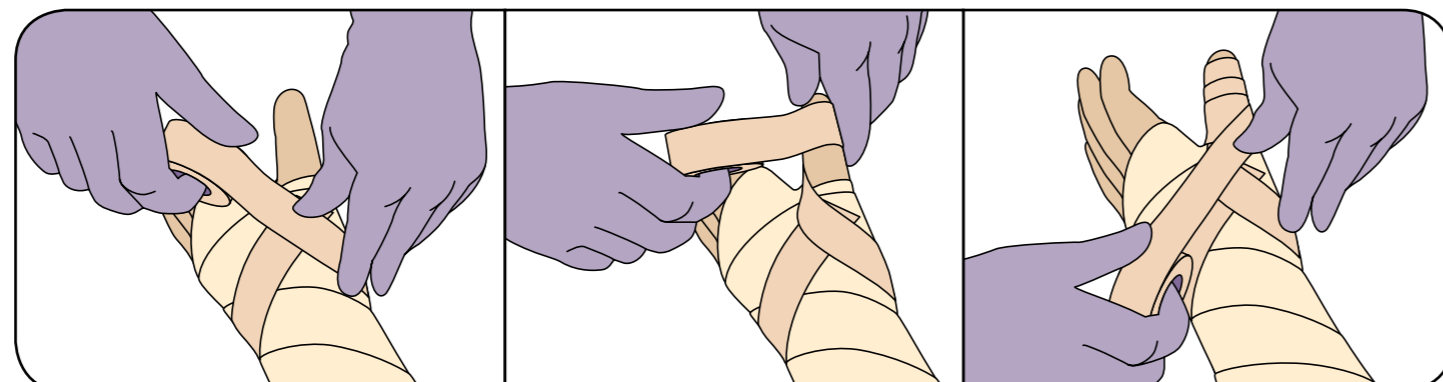
**Step D:** Mould the layers together to conform to the shape of the hand.

### Inter-digital edema

When inter-digital edema is present, you may cover the proximal finger areas by fan 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.



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

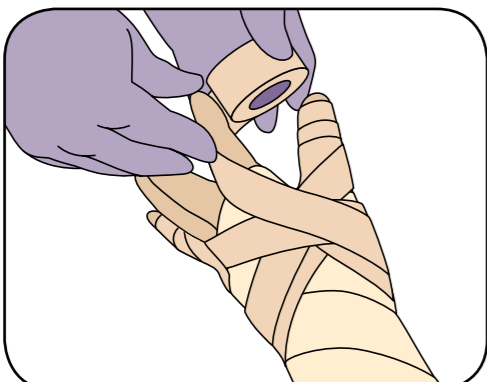


**Step F:** Bring the bandage along the thumb to the base of the nail bed with no tension. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and 50% overlapping layers. Mould the bandage to conform to the anatomy.

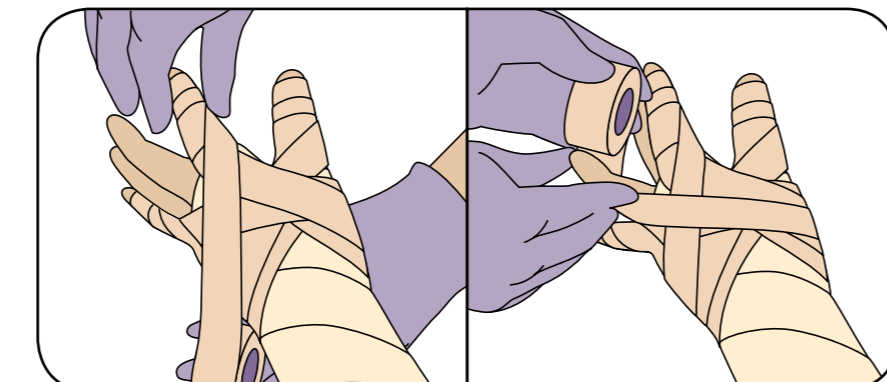


**Step G:** At the base of the thumb, bring the bandage across the dorsum of the hand with no tension to the base of the 5th finger nail bed. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and 50% overlapping layers. Mould the bandage to conform to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

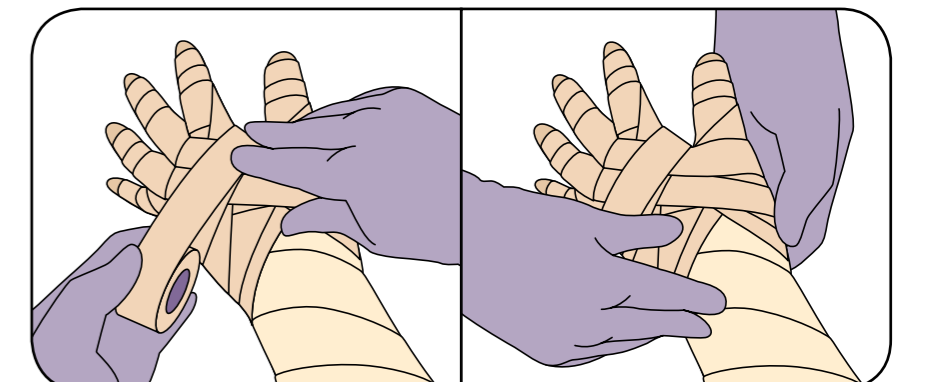
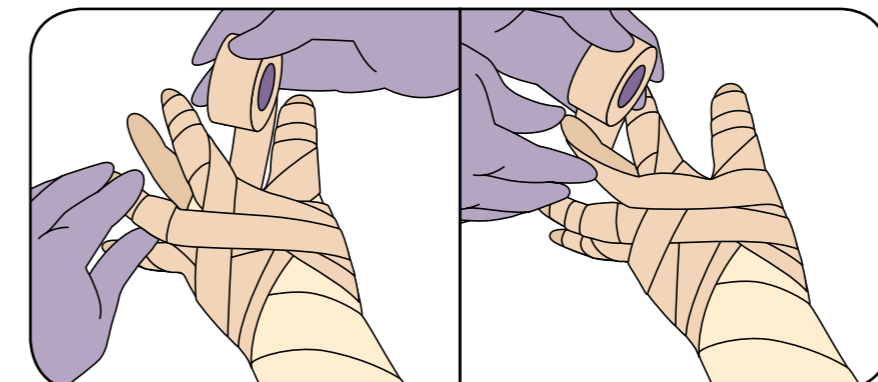
**Step H:** Take the bandage over the lateral border of the hand and across the palm to the base of the thumb and up the dorsum of the 2nd finger to the base of the nail bed. Slightly bend the digit and proceed with circular windings, distal to proximal, with minimum stretch and 50% overlapping layers. Mould the bandage to conform to the anatomy.



**Step I:** At the base of the 2nd finger, proceed to the lateral side of the hand and across the palm to the base of the thumb. Bring the bandage over the dorsum of the hand to the 4th finger up to the base of the 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 J:** At the base of the 4th finger, bring the bandage with no tension over the lateral border and make a circular winding through the 1st webspace. Proceed with another winding coming around to the base of the thumb and on to dorsum of the 3rd finger up to the base of the 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.

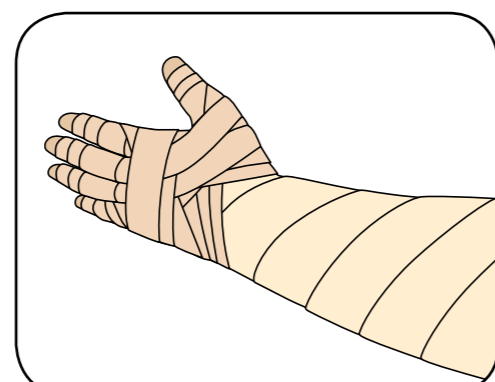


**Step K:** To secure the bandage, complete a circular winding following the metacarpal line and through 1st web space. Cut and mould to the anatomy.

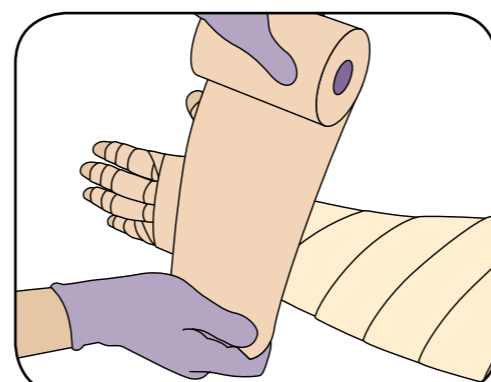
## Application of Compression Layer to Hand and Arm

### Layer 2: Compression Layer

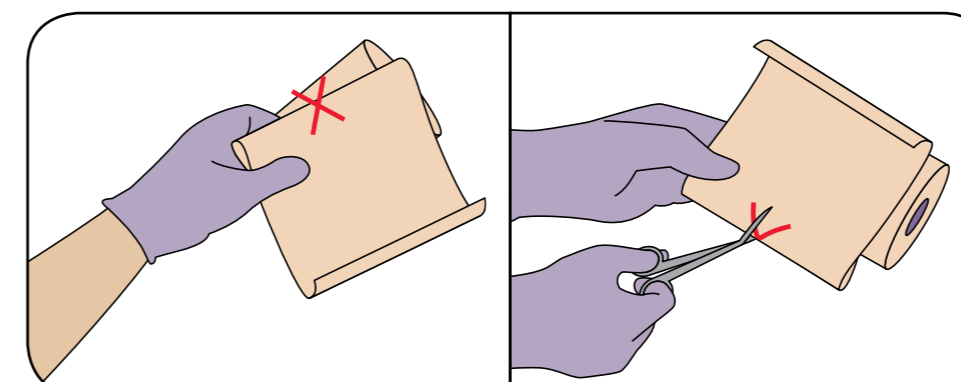
- Apply even compression with at least two layers. Even compression is best achieved when the material is applied at full stretch.
- It is recommended that you hold the roll close to the hand and limb throughout the application for controlled, even compression.
- If "bulges" are noted after the application,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



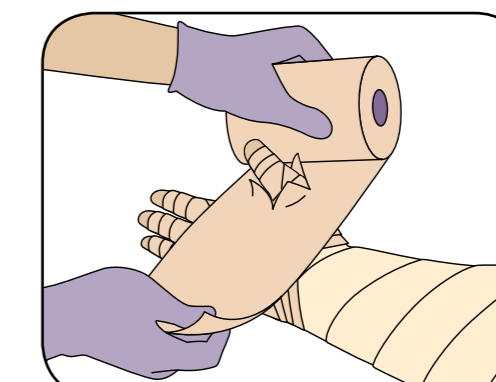
**Step 8:** Position the hand and arm in a neutral position (neither pronated nor supinated) with the thumb pointing upward.



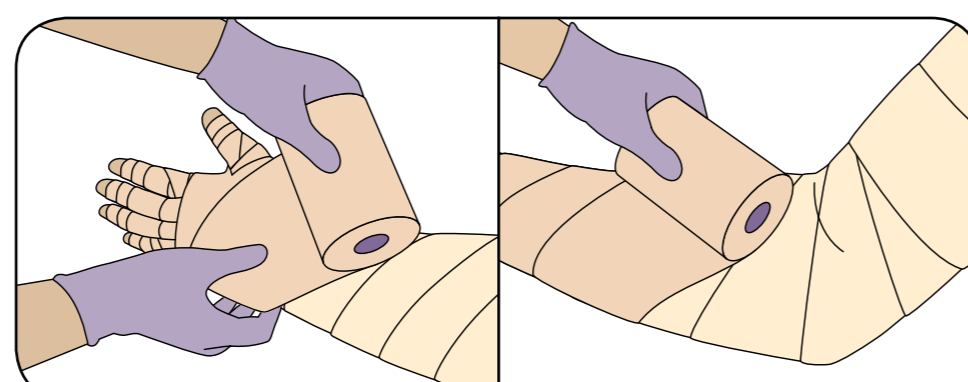
**Step 9:** Measure the bandage from the lateral edge of the hand to the thumb.



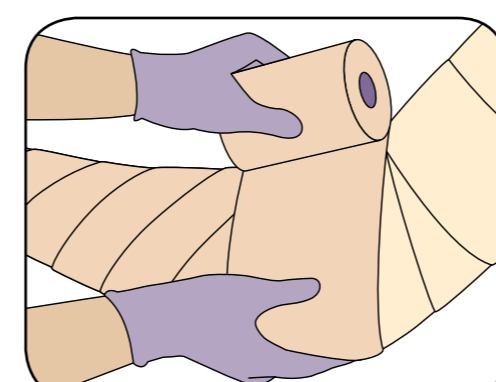
**Step 10:** Fold the material and cut an X-shaped slit in the middle of the bandage.



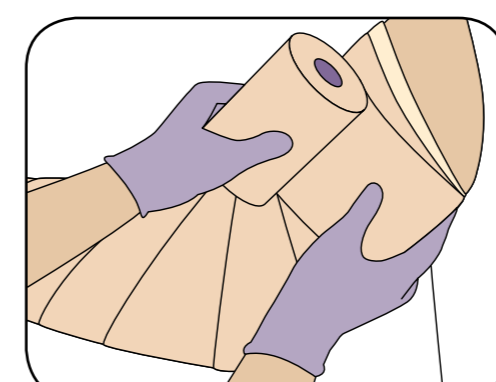
**Step 11:** Apply the compression layer from the lateral dorsum of the hand with the thumb positioned through the slit. Apply full stretch to both ends of the bandage to ensure even compression.



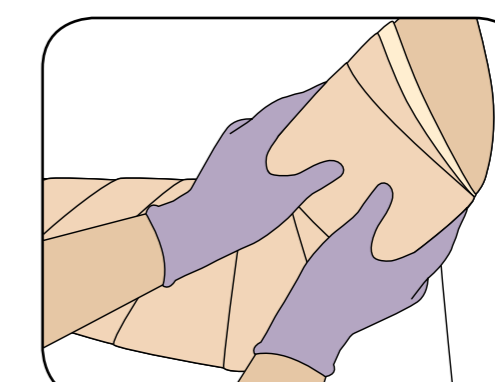
**Step 12:** Wind the bandage around the hand to the base of the thumb at full stretch and proceed up the arm, medial to lateral, with circular windings and 50% overlapping layers.



**Step 13:** When crossing the elbow, ensure that it is slightly flexed and that the elbow crease is centred in the middle of the bandage.



**Step 14:** Continue to apply at full stretch with 50% overlaps to the top of the arm.



**Step 15:** Mould the bandage to conform to the anatomy.

### Bandage Removal

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

