

Tubular-Form



Pressure and Support Bandaging Techniques and Applications

WRIST

1. To apply, having correctly sized the Tubular-Form, measure from 5cm below the elbow to the head of the metacarpals, double layer and add 2-3cm
2. Make small cuts at about 4cm either side of the fold to accept the thumb, ensuring that the lycra threads are not cut
3. Taking the shortest length, apply onto the arm with the thumb coming through the first cut in the bandage
4. Take the remaining bandage and fold back over the hand, the thumb coming through the second hole



Code	Size	Application	Colour
SM100	A	Infant Limbs	Natural or Flesh
SM101	B	Small Limbs	Natural or Flesh
SM102	C	Adult Limbs	Natural or Flesh
SM103	D	Large Limbs	Natural or Flesh
SM104	E	Adult Legs	Natural or Flesh
SM105	F	Large Legs	Natural or Flesh
SM106	G	Large Thighs	Natural or Flesh
SM107	H	Extra Large Thighs	Natural
SM108	J	Small Trunk	Natural
SM109	K	Medium Trunk	Natural
SM110	L	Large Trunk	Natural
SM111	M	Extra Large Trunk	Natural

ELBOW

1. Measure approximately 10cm at either side of the joint, double and add 2-3cm
2. With the cut edge uppermost apply the bandage and double over, taking the second layer 2-3cm above the first



KNEE

1. Measure approximately 10cm at either side of the joint, double and add 2-3cm
2. Apply the Tubular-Form cut edge uppermost and double over, taking the top layers 2-3cm higher than the first



ANKLE

1. Measure from the widest part of the calf to the base of the toes adding 2-3cm
2. Using the applicator if the joint is painful, apply Tubular-Form cut edge uppermost and double over, taking the top layer 2-3cm higher than the first



Tubular-Form is always applied under a double layer