

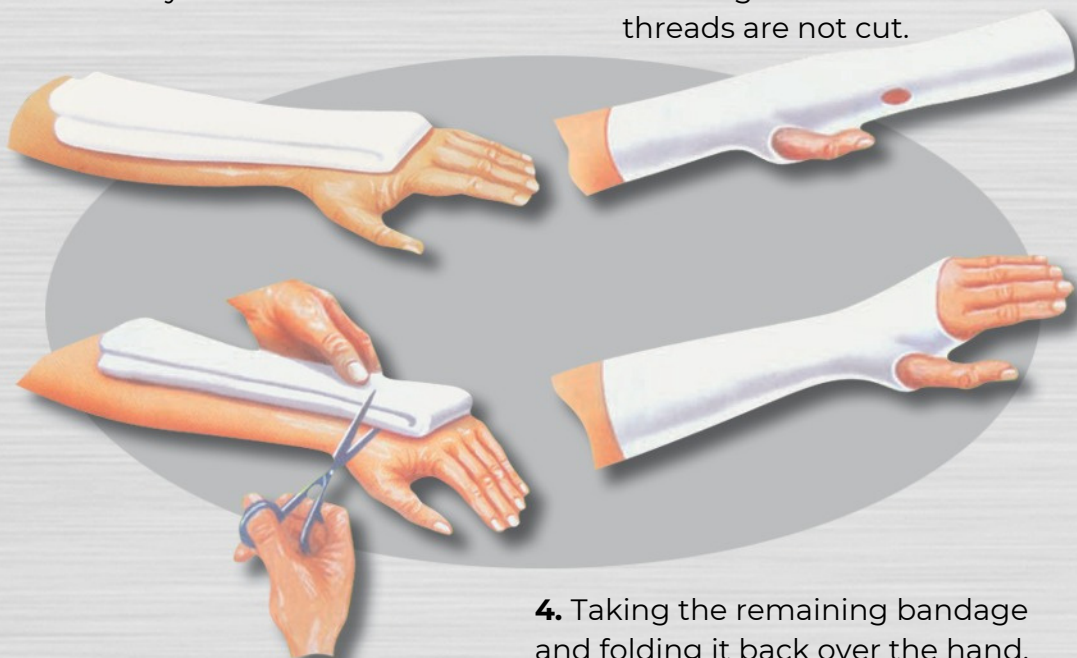
TUBULAR FORM

PRESSURE AND SUPPORT BANDAGING TECHNIQUES AND APPLICATIONS

WRIST

1. To apply, having the correctly sized Tubular Form, measure 5cm below the elbow to the head of the metacarpals, double layer and add 2-3cm.

2. Make small cuts at about 4cm on either side of the fold to accept the thumb, ensuring that the elastodiene 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. Taking the remaining bandage and folding it back over the hand, the thumb comes through the second hole. Apply the bandage to the limb in the correct position, avoiding tucks or ripples.

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.



BELOW KNEE

1. Measure from the base of the toes to just under the knee, leaving the toes exposed.

2. Using an 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.



Tip: If the bandage starts to roll down the arm or leg just make some "comfort" snips at the top of the bandage to prevent it from rolling further and cutting off circulation.

^ **100 Series** indicates Natural colour / **200 Series** indicates Flesh colour.

* All Compression based on a minimum double layer of Tubular Form.

**Guide is for medium compression - to achieve low compression, choose the next size up.

Code	Size	Application	Limb Circumference
SM099	AA	Infant Limbs	<6cm*
SM100/SM200 ^	A	Infant Limbs	7-11cm*
SM101/SM201 ^	B	Small Limbs	12-14cm*
SM102/SM202 ^	C	Adult Limbs	15-25cm*
SM103/SM203 ^	D	Large Limbs	26-35cm*
SM104/SM204 ^	E	Adult Legs	36-44cm*
SM105/SM205 ^	F	Large Legs	45-50cm*
SM106/SM206 ^	G	Large Thighs	51-60cm*
SM107	H	Extra Large Thighs	61-70cm*
SM108	J	Small Trunk	71-75cm*
SM109	K	Medium Trunk	76-80cm*
SM112	K2	Med Lge Trunk	81-84cm*
SM110	L	Large Trunk	85-90cm*
SM111	M	Extra Lge Trunk	>90cm*

When applying to limbs, measure to fit the narrowest part. When applying to other areas of the body, measure the affected area.

ARTG: 152044



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