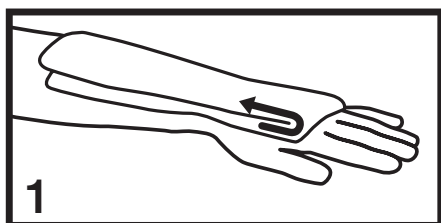


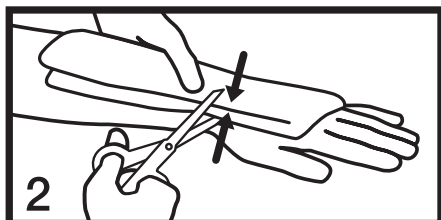
Tubular Form Compression

Information for use

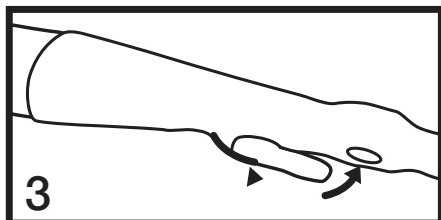
FOR WRIST BANDAGE



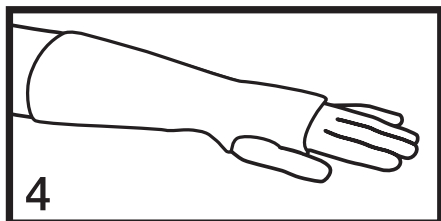
Measure from 5cm below the elbow to just beyond the knuckles. Double this length, add about 3cm and cut.



Cut a small thumb hole in both layers about 4cm from the fold, ensuring the elastics are not severed.

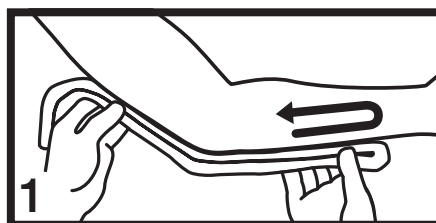


Draw the shorter side onto the arm, placing thumb through the first hole.

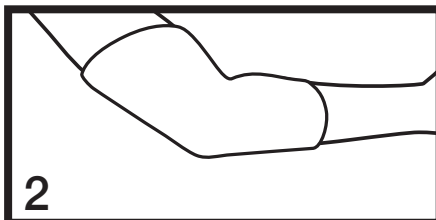


Fold the remaining bandage over itself, placing the thumb through the second hole, drawing the bandage along the arm.

FOR ELBOW BANDAGE

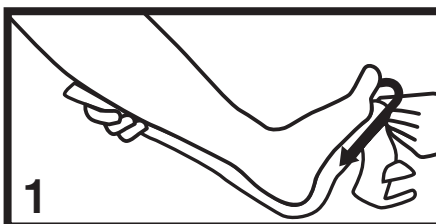


Measure about 8cm at either side of the elbow. Double this length, add about 3cm and cut.

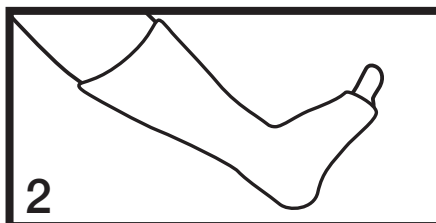


Draw the bandage onto the arm, cut edge first. Fold the bandage back over itself, taking the second layer 3cm further than the first.

FOR ANKLE BANDAGE



Measure from the widest point of the calf to the base of the toes. Double this length, add about 3cm and cut.



Draw the bandage onto the leg. Fold the bandage back over itself, taking the second layer 3cm further than the first. For firmer compression, fold the bandage back from the toes.