

## Self-Bandaging for the Legs

Compression bandaging helps to stimulate the lymphatic system. The compression of the bandages and the movement of the muscles help to decrease the swelling.

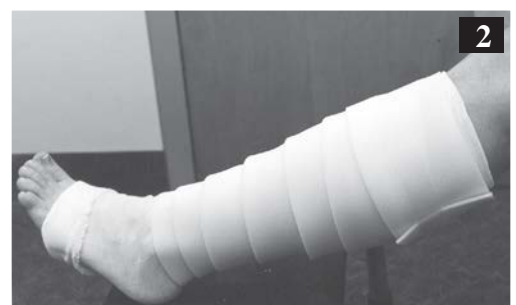
### How to bandage

- Follow these steps to ensure the bandaging is applied properly.
- Before bandaging, get your supplies ready. Make sure the bandages and padding are rolled up tightly to make it easier.
- Have pieces of tape ready before bandaging.

#### 1. Put stockinette on the leg(s).

#### 2. Begin wrapping with the padding.

- Begin at the ankle.
- Add additional foam piece at the top of foot or at ankle as directed by your therapist.
- Wrap up the ankle and leg. Overlap the padding by half of its width.
- Keep wrapping padding up the leg and end below the knee or at the thigh as your therapist recommends. Tape down the end of the padding.



**3. Begin bandaging at the foot with an 8cm bandage.**

- Start at the top of the foot at the base of the toes. Wrap around the foot two times.
- *Do not pull or apply tension, but gently smooth the bandage so there is not any gaps at the top or bottom of the foot.*
- Wrap under the arch of the foot and back up and around the ankle. Overlap by half its width.
- Bring the bandage across the top of the foot and under, coming around the heel.
- Wrap up and around the ankle again.
- Wrap around the foot and ankle until the entire foot and heel are covered.
- If you have some of this bandage left, start to wrap around the ankle, going up around the ankle and lower part of the calf. Overlap each by half the width of the bandage. Continue to wrap up the leg until the bandage ends. Tape down the end.

**Note:** *Check the pressure at the foot to be sure it is not too tight. Be sure that you can fit one of your fingers under the bandages at the top of the foot. If not – it is too tight and you will need to re-bandage the foot.*

**4. Now begin wrapping with another 8cm bandage.**

- *Apply this bandage in the opposite direction to avoid a tourniquet effect.*
- Start this bandage just above the ankle. Wrap up the calf. Overlap by half of the bandage width. Continue until the bandage is done. Tape down the end.



*continued*

**5. Now apply a 10cm bandage.**

- **Apply this bandage in the opposite direction to avoid a tourniquet effect.**
- Start this bandage mid-calf. Wrap up the leg and overlap by half of its width.
  - End bandaging at the knee
  - Continue above the knee until the bandage ends
- Tape down the end.



**6. If you need to continue to bandage above the knee, finish with another 10cm bandage beginning at the knee.**

- Wrap up the thigh until the bandage ends. Tape down the end with several pieces of tape to keep the bandage from unraveling.

**Note:** *After bandaging is completed, check the pressure at the top of the thigh. You should be able to slide your fingers underneath the bandages. Check the overall pressure by feeling the bandages. The bandaging should feel firmer at the foot than the calf or thigh.*



**7. Wear the bandages as directed by your therapist.**