Wrapping Elastic Bandage (Ace Wrap) for Below the Knee Amputation

1. Start with a 2- to 3-inch elastic bandage (Ace wrap).
2. Place the Velcro side away from your skin.
3. Begin with the wrap just below your knee on the inside part of your leg.
4. Angle the wrap toward the end of your residual limb and toward the outside corner.
5. Wrap bandage behind the leg and back up to the inside corner.
6. Then, wrap it around the leg and back down toward the inside corner.
7. Continue in this figure-eight fashion until your residual limb is completely covered and the wrap can be fastened with the Velcro.
8. Your residual limb should be rewrapped every 4 hours. Inspect your skin each time you wrap.

General notes
• You may need 2 wraps to completely cover your leg.
• You will need to apply gentle tension on the wrap during the process.
• It is most important to cover the corners of your residual limb. If there is any uncovered area, it should be at the end of your limb in the middle.
• Avoid horizontal/crosswise movements as they can stop blood flow if applied too tight.
• After your finish, touch your entire leg to make sure you have no wrinkles in your wrap.
• If your wrap is continuously falling down, ask your therapist about how to incorporate an anchor above the knee.
• Ace wrap should be snug but not painful. If you have pain, numbness or tingling, remove the wrap and inspect the skin.

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