ACE WRAPPING: Transtibial Amputation

Ace Wrapping should always be initially instructed by a trained health care professional, because inappropriate application can be harmful.

Always use a clean wrap with good elastic quality.

Wrapping should always be completed in a diagonal pattern with no wraps directly horizontal all the way around the limb and without excessive wrinkles.

The wrap should be anchored to itself with tape. Avoid using clips or taping to the skin.

1. Anchor end of ace with one hand and hold roll in the other. Initiate wrapping diagonally down across residual limb.
2. Wrap around back bottom end to encompass both corners and advance diagonally up across front aspect.

3. Turn wrap down the back aspect to enclose central bottom end and continue wrapping up across the front aspect to anchor the start position.
4. Wrap diagonally around the back of the knee and continue up around the thigh above the patella.

5. Continue wrapping diagonally down around the back knee and then down across the front of the residual limb.
6. Progress wrapping snugly and in a close turn around the bottom end to initiate "figure 8" wrapping.

7. To complete a "figure 8", wrap around the top back limb and down across the front aspect toward the bottom corner.

*Leave no open skin areas except over the kneecap.*
8. Wrap around the bottom end with a turn slightly wider than in step six and progress up and across the front of the limb to the start of the "figure 8" pattern. Continue this pattern with successively wider turns and a mildly looser wrap to create a decreasing gradient pressure up the limb to end of roll.

*Wrap should be more snug at the bottom and looser at the top.* Secure with tape.

On average, 2 four inch Ace bandages are needed. For length greater than 7-8 inches, 3 bandages may be necessary.

It is often easier to use a double length ace wrap or tape ends of the Ace bandage together ahead of time. However, be careful the seam is not over high pressure areas when wrapping.
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COMMENT: Patient Name/Number: Clinician Name/Signature: Date: