



Indications: Severe ankle sprain/strain, Metatarsal fractures, Distal tib/fib fracture, Achilles tendon tear

- Measure and size accordingly
- Stretch the ends
- Apply cool water and towel out
- Pull relax and roll bandage with 50-50 coverage
- Hold and mold with palms only
- Position as prescribed by physician
- Optional: do hourglass fold with fiberglass
- Pad bony prominences
- Create protective toe plate and fold under away from patient
- Fold the padding using nurses' corners