



Indications: Navicular/Scaphoid fracture,
Ulnar collateral ligament sprain

- Measure and size accordingly
- Reseal foil
- 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
- Make V cut at distal end of fiberglass
- Slight spiral around the dorsal side
- Maintain position of functioning by holding rolled bandage
- Check capillary refill