## Use of Coban to Assist Movement

Wrap a layer of Coban around the top of your finger(s). This will provide an anchor / lever of pull.

Bend your fingers as much as possible.

Wrap the Coban around the rest of your hand to hold your fingers in the bent position.

Gradually increase the length of time you wear the Coban to a maximum of _____ minutes and repeat this _____ times a day.

Please note that this is a guide, follow any specific instructions given by your therapist.
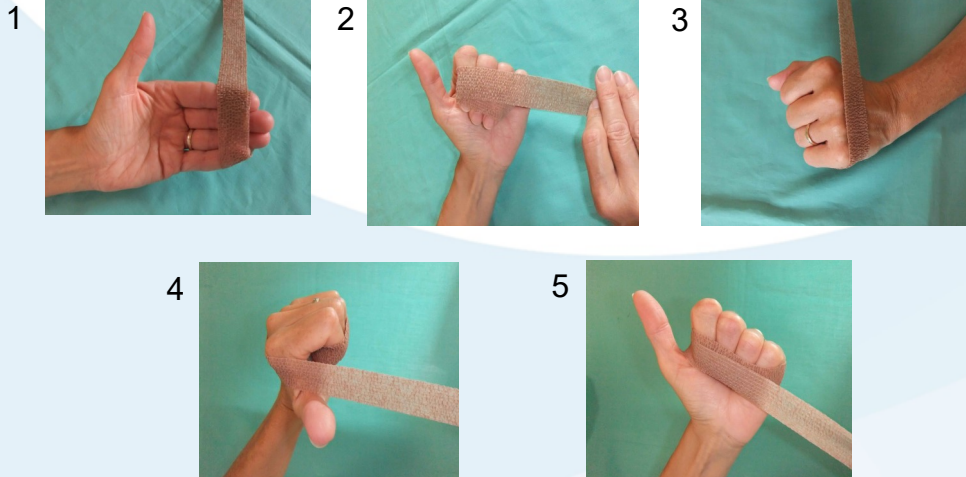
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Coban Wrap

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

Therapist: _____

Use of Coban Wrap for Swelling

Apply a single layer of Coban to the affected finger.

Begin wrapping from the tip of your finger.

Make sure you leave a window at the tip so you can monitor the circulation.

Whilst holding the tape on a gentle stretch wind the Coban around the finger over lapping each layer by roughly a third.

Stop when you come to the end of your finger.

Coban should not restrict any movement in your finger, you can therefore exercise with it on.

Do not pull hard on the Coban when wrapping as it will be too tight and restrict circulation.

Keep the Coban on for a maximum of _____ minutes and repeat this _____ times a day.