

What is Mobiderm®?

Mobiderm® is a complete care system used for the treatment of all types of oedema. Compression generated with the tape is up to 15-20mmHg.

What does Mobiderm® do?

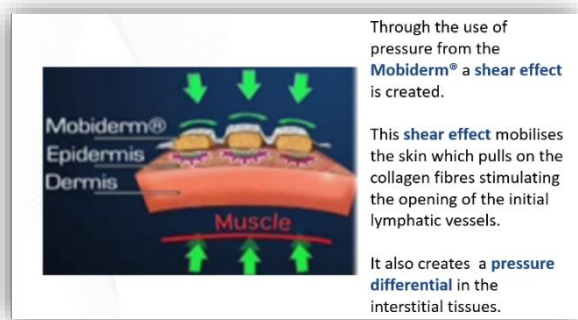
1. Stimulates lymphatic vessels to remove the lymphatic load
2. Reduces rebound by activating the initial lymphatic vessels
3. Reduces filtration
4. Softens fibrosis

Why is Mobiderm® unique?

Most products **compress** = **reduction** of filtration

Mobiderm® stimulates initial lymphatics = **removal of lymph load + reduction** of filtration

How does Mobiderm® work?



Advantages of using Mobiderm®

- Decrease swelling
- Decrease fibrosis
- Decrease pain
- Increase healing rate

Results in: increase range of movement & function earlier

The Mobiderm® Ankle Taping Pack

(pack covers 4 average sized ankles with leftover tape & underwrap)



Stretch Foam Protective Underwrap 7cm x 27m



Mobiderm® (25 x 25cm)
5mm x 5mm Blocks



BiPlast® Adhesive Tape
10cm x 2.5m



BiPlast® Adhesive Tape
3cm x 2.5m

Instructions are for a typical inversion injury, adapt your taping to cover the area of swelling in your client and use the BiPlast[®] tape over the top to create the compression.

Visit <https://mobiderm.com.au/pages/a-new-solution-to-musculoskeletal-trauma> **to view instructional videos**

Step 1 – Foam Protective Underwrap

- Wrap the entire ankle in foam underwrap making sure there are no gaps



Step 2 - Mobiderm[®] 5mm Cubes

- Cut out a piece of Mobiderm[®] slightly larger than the swollen area to cover it
- Hold it in place with foam underwrap (if you cover the Mobiderm[®] fully, it can be re-used for the same client)



Step 3 – 10cm BiPlast[®] Tape

- Cut 2 lengths of 10cm BiPlast[®] tape, slightly wider than Mobiderm[®] you've used
- Create "handles" per the instructions / video & pre-tension the BiPlast[®] tape
- Apply BiPlast[®] tape from distal to proximal ensuring it overlaps the Mobiderm[®] but leave a gap of 1cm or more on the inside of the ankle (do not wrap right around)



Step 4 – 3cm BiPlast Tape

- Cut 2 lengths of 3cm BiPlast[®] tape ~75% the height of your BiPlast[®] tape on the ankle
 - Apply first length to the top front corner of the Mobiderm[®] at the front of the ankle
 - Tension it, pull it to the bottom corner of the Mobiderm[®] then turn 90 across the bottom of the ankle
 - Repeat from the top back corner
- You can repeat this process with the 3cm BiPlast[®] tape if you feel you want more "edge compression" to keep the swelling under the Mobiderm[®]. If you do: overlap by 50% outwards onto the Mobiderm[®].
- You don't need to anchor off at the end of this taping procedure.
- You may now apply your normal sport tape over the top to protect the ankle.
- Taping lasts 3-4 days, ideally keep it dry



Contraindications: Skin inflammation and infections, very fragile or allergic skin