

Self bandaging



Case & Procedure



Day 1



Day 3 self bandage

Case: Male, 49 year old, type 2 diabetic, spider bite 4 years prior followed by gradual swelling of left limb. Hardened skin around ankle, fluid is soft, bell like effect in leg.

Application: Bandage at clinic after MLD, instructed in technique. Bandaged 1 x 24 hours, then night time x 2. Instructed in deep abdominal breathing + SLD

Results

Measure 1		Measure 2	
Date:11/12/2011		Date:13/12?2011	
Pos:[cm]	Circ.[cm]	Pos:[cm]	Circ.[cm]
foot	25.5	foot	25.5
ankle	40	ankle	34
4		4	
8	47.5	8	41
12		12	
16		16	
20	45	20	45
24		24	
28		28	
32	47	32	47
36		36	
Knee 40	50	Knee 40	48.5
44		44	
48		48	
52	55.5	52	51.2
Length [cm]:	Average c[cm]	Length [cm]:	Average c[cm]
50	47.5	50	44.45
	Volume [cm ³]		Volume [cm ³]
	8976.17		7860.45
			ΔV prev wk
			-1115.72



Day 1



Day 3 self bandage

Results



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Results

- Moved to NSW
- Limited contact and treatment
- Emailed that leg was improved (not as swollen – patient obs)