

Strapping of foot with Biplast®



Strapping technique for the reduction of lymphoedema in the foot.

Material required for 1 foot:

Mouse de protection - Protection foam

Biplast® 10 cm roll

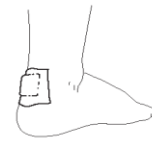
Biplast® 3 cm roll

Mobiderm 5mm x 5mm sheet (optional)

Scissors

Method:

- If there is poor skin integrity place a dollop of Vaseline on a bandaid and apply at the tendon just above the heel. (see right)
- (Optional): Cut out the dorsal shape of the foot including the toes and place on the foot.
- Dorsi flex the foot.
- Apply a layer of protection foam with 50% overlay on the foot, starting from the above the toes until the top of the ankle.



Measure and cut the strips on a case by case basis.

The 10 cm strips – 3 strips required:

1st strip - measures the width of the fore foot from the 1st metatarsus to the 5th metatarsus

2nd strip - add 3 cm to the length

3rd strip – add 10 cm from the 1st strip.

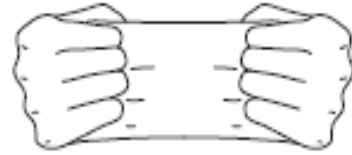
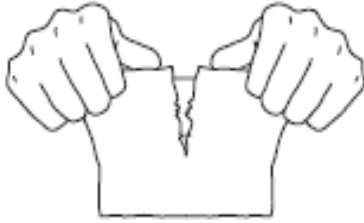
The 3 cm strips – 3 strips required:

1st strip - from the 2nd phalanx of the big toe, go behind the foot (heel), then back to the 1st phalanx of the 5th toe

2nd strip – add 2 cm to the length

3rd strip add 10 cm to the 1st strip's length

Application of the Biplast® tape.

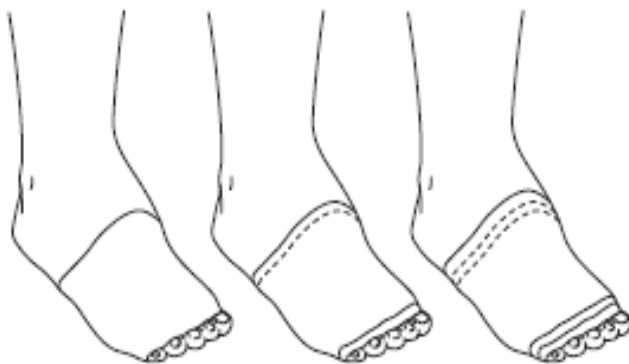


Take the **1st 10 cm strip** (the shortest one), tear the paper in the middle. Take the strip by the two ends, and give it a sharp stretch, both to break the elasticity and to widen it. Apply it with a maximum tension by holding the 2 ends, on the edge of the toe nails (last phalanx of the toes), following the shape of the foot (it might not be straight).



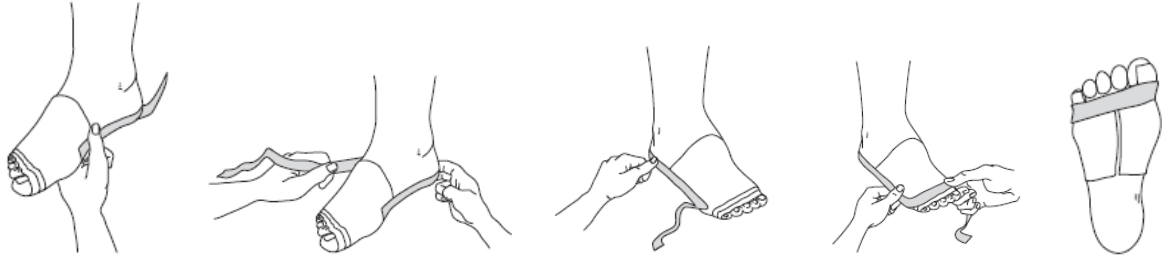
Apply the **2nd strip** (after having broken it) on top of the 1st, moving it 1 cm further towards the instep.

Apply the **3rd strip** in the same manner (targeting the middle of the foot), 1 cm away from the second strip. (this will often match the *metatarsus/phalanx articulation*)



Take the **1st 3 cm strip**, and from the inside of the foot just after the first metatarsus, keeping parallel to the arch of the foot, hold the strip with the thumb and break the elasticity by pulling it tightly as it sticks onto the inside edge of the foot. Proceed around the heel, holding the strip between thumb and index, and breaking the elasticity so it sits tight on the outside of the foot. Keep in line with the arch.

At a right angle go on to the metatarsus, keeping the strip on top of the upper side of the **2nd 10cm strip**. Break the elasticity, take over the inside of the foot onto the palm of the toes



Take the **2nd 3cm strip**, start from the inside edge of the foot, 1 cm higher than the first, go exactly the same way, keeping it at a 50% cover of the first. After going under the toes, finish on the outside edge, going diagonally on the top of the foot.



Apply the **3rd strip** in the same way, starting 1 cm higher towards the top of the foot with a 50% overlay through the whole length. When you reach the palm of the toes, go up the outside edge of the foot on the front, finishing up alongside the medial malleolus. Still at a 50% overlay to the under strip.



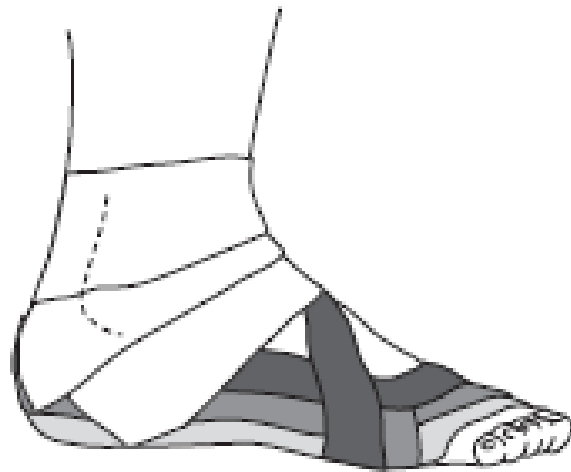
To cover the foot

Cut approximately 2 cm off the width of the Biplast® 10 cm roll. Measure 3 strips across the top of the foot from lateral to medial.

Take the **1st 8cm strip** and apply at 50% overlay of the 3rd 10cm strip that was initially placed.

Apply the **2nd 8cm strip** at 50% overlay going towards the heel.

Apply the **3rd 8cm strip** at 50% overlay going towards tendon.



Advantages

- Patient can wear a normal shoe.
- Strapping can be kept on for 2 to 3 days.
- Possible to teach self-strapping to the motivated patient.
- Cheaper alternative.



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