

Strapping of hand with **Biplast**[®]

- **Material required for 1 hand:**
- Mouse de protection - Protection foam
- Biplast[®] 10 cm roll
- Biplast[®] 3 cm roll
- Mobiderm 5mm x 5mm sheet (optional)

Hand bandaging – reduction phase - traditional



1. Cut a portion of Mobiderm 5 mm x 5mm squares to fit to fit



2a. Place over oedema, hold with tape



2b. Option, individually wrap fingers with adhesive tape



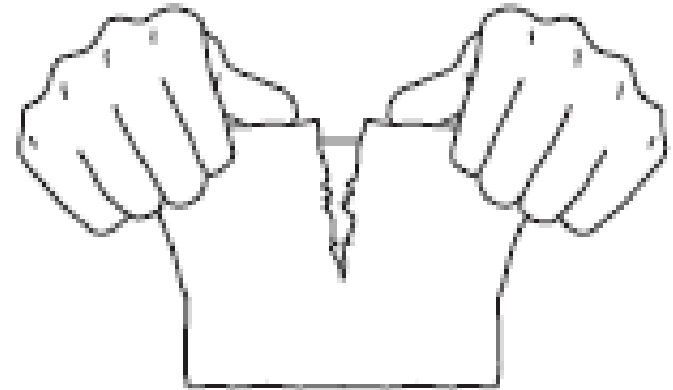
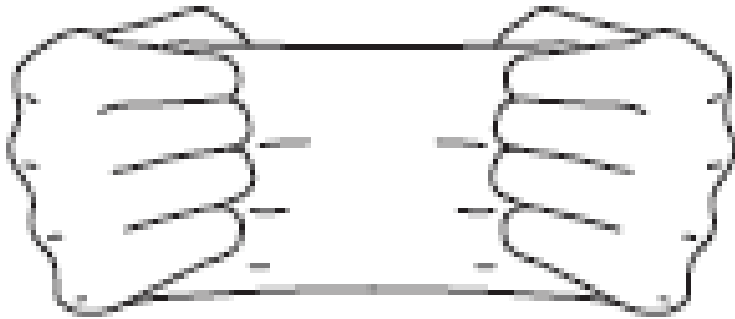
3. Bandage hand



4. Completed hand mobiderm bandage

NOTE: Depending on severity of oedema – use 5 x 5 mm under compression glove.

Application of the Biplast[®] tape.



10cm tape = pull both ends to tear down the middle. Use the ends as anchors to gain stretch and compression of the Biplast[®].

3cm tape = tear off one end to anchor and peel of the backing tape as applying the Biplast[®].

Step 1

- Cover the hand with protective mousse.
(Roll on slowly keeping the roll close to the skin).
Wrap each individual finger as taping commences.
- Using **3cm Biplast®** measure from the finger base to the start of the nail bed. Add 10cm and cut.
- Anchor to the base of the lateral side of the nail.
- Spiral down the finger in the direction of the thumb with 50% overlay. Apply a very small stretch. Spiral until the dorsum of the hand is reached.
- Proceed with other fingers and thumb.



Step 2

- Using a **10cm Biplast®** measure from the base of the thumb across to the lateral side of the hand. (Make a mark where the thumb hole will be)
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- Add 10cm to the strip and cut including the thumb hole.
- Insert the thumb, split the Biplast® at the thumb and stretch across finishing on the palm.
- Turn the hand over and stretch the other section onto the palm.
(If there is a gap at the webbing of the thumb place secure with a small strip of Biplast® .



Step 3

- Using a **10cm Biplast®** measure from the medial to lateral side of the hand and cut.
- Stretch across the hand ensuring the space between the knuckles at the base of the fingers to the ulna-styloid process are covered.



Step 4

- Using a **10cm Biplast®** measure 2 strips from the medial to lateral side of the hand and cut.
- Cut 3cm off the width of the strips.
- Place the 1st strip 1cm down from the previous.
- Place the 2nd strip 1cm down from the previous in an open angle creating a herringbone effect.



Step 5 - Tidy up

- Turn the hand over
- Using a **10cm Biplast®** measure to either side of the wrist and cut.
- Cut the width of the strip in half.
- Place across the base of the palm to cover loose ends.



Features and Benefits

- Patient can continue with normal everyday activities.
- Strapping can be kept on for 2 to 3 days.
- No slipping of materials.
- Cheaper alternative.



Features and Benefits

- Used in combination with our without Mobiderm bandaging.



Hand after 6 hours Mobiderm/Biplast application.



Arm after 6 hours Mobiderm application

