This Velcro compression wrap system can be used to control swelling in your leg or foot. This wrap system is put on by folding over a series of flaps to compress the area.

Your wrap will be fitted to you. Your therapist will show you how to use and take care of it. Keep these instructions to refer to later.

**Put on in this order, based on what parts you are using:**

(1) knee  (2) lower leg  (3) upper leg  (4) foot

**Putting on stockinette**

- Put on any bandages you need first before putting on a clean stockinette.
- Cover your lower leg with the stockinette to up over your knee.
  - If you are using the whole leg system, cover your whole leg.
  - If you are using the foot wrap, start the stockinette at the base of your toes.
  - If you are not using the foot wrap, start the stockinette at your ankle.
- Keep the stockinette smooth, with no wrinkles to protect your skin.

**To put on knee:**

1. Put the center of the wrap against the back of the knee, with the black material on the inside.
2. Start with the bottom straps labeled 1 and 2. Pull the straps across the front of the leg. When you feel comfortable compression, secure the Velcro end on strap 1.
3. Repeat this for straps 2 with 3, 3 with 4, 4 with 5, and 5 with 6. Each strap should be snug, with no wrinkles, gaps or bulges.
To put on lower leg
1. Place the lower leg wrap with the bottom edge just above your ankle (black side in).
2. Start with the straps closest to the ankle labeled 1 and 2.
3. Pull the straps above and below each other across the front of the leg. When you feel a comfortable amount of compression, secure the Velcro end on the bottom strap.
4. Repeat this for straps 2 with 3, 3 with 4, 4 with 5, and 5 with 6. Each strap should be snug, with no wrinkles, gaps or bulges.

To put on upper leg
1. Place the upper leg wrap behind your leg, with the black side in and the top edge just below the groin. The bottom should be over the top of the knee wrap.
2. Start with the bottom 2 straps, labeled 1 and 2. Pull the straps across the front of the leg. When you feel a comfortable amount of compression, secure the Velcro end on the bottom strap.
3. Repeat this for straps 2 with 3, 3 with 4, 4 with 5, and 5 with 6. Each strap should be snug, with no wrinkles, gaps or bulges.

To put on foot
1. Place your foot on top of the wrap over the outline of the same side foot (left or right). The outline should line up with your heel and toes.
2. Start with the straps closest to the toes, holding both sides of the wrap in each hand. Fold the inside part (arch side) over your foot first, then fold the other side over that one. When you feel a comfortable amount of compression, secure the Velcro end.
3. Wrap the ankle part around your ankle to cover the ankle bones. When you feel a comfortable amount of compression, secure the Velcro end.

**Foot Option:**
You can wear a compression sock instead of the foot part of the system.

1. Fold the bottom of your stockinette up over the wrap bottom (shown in picture 1).
2. **Put the compression sock on last,** over your foot and the bottom part of the compression system (shown in picture 2).

**Safety reminders**
- Readjust that bands as needed throughout the day.
- Wearing it should never hurt! If you have pain in your knee, leg or foot with it on, take it off right away and contact your healthcare provider.

**Taking off the system**
1. Take off each band starting at the top.
2. Fold each band onto itself to stop lint from getting stuck on the Velcro (shown in picture to the right).
3. Slide the stockinette off the leg. Wash it in cold water and air dry.

**Cleaning and storing**
- Try to hand wash spots first. Only if needed, machine wash on warm-gentle cycle and tumble dry on low. Do not bleach, do not iron, do not dry clean, and do not wring.
- Store all the parts in a pillow case.
- Do not take the spine off of the wraps (middle stiff strip holding the sides together). Do not bend the spine, fold it many times or put creases in it.
- If lint collects on the Velcro, you can pull it off using tweezers.

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Talk to your doctor or health care team if you have any questions about your care.

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