Using a Foot Wrap to Raise the Toes and Foot

Why to use foot wraps

A person may not be able to raise his foot or toes off the ground to walk or move from a chair to the bed. This can happen from:

- Stroke
- Brain injury
- Spinal cord injury
- Peripheral nerve disease or injury

Using an elastic bandage or wrap, you can hold the foot in position with the toes pulled up, called dorsi flexion. This helps keep the foot and toes from dragging when trying to walk.

- Use a 4 inch or 6 inch elastic bandage, often called an Ace wrap or elastic wrap.
- Be sure to wrap down and around the inside of the foot so you are always bringing the bandage up on the outside of the foot. This helps give support to the ankle.

How to wrap the foot

Follow these steps to wrap the foot:

1. Start the bandage on the top of the foot and bring it to the inside of your foot.

2. Wrap under and around the foot, covering the start of the bandage to anchor it in place.

3. Go under the foot and come up the outside. Pull the bandage and cross diagonally across the front of the ankle.
Follow these steps to wrap the foot:

4. Wrap the bandage around the lower leg and bring it back to the outside of the leg above the ankle.
   • This anchors the top of the bandage.
   • Do not pull on the bandage as you go around the leg to protect the tendon in the back of the leg called the Achilles tendon.

5. Pull the bandage diagonally across the foot toward the inside near the toes. Wrap around the bottom of the foot and bring the bandage to the outside of the foot.

6. Pull the bandage diagonally across the ankle and around the back of the lower leg.

7. Wrap the bandage around the lower leg to hold it in place.

8. Pull the bandage across the top of the foot to the inside and under the foot.

9. Pull the bandage on the outside of the foot and around the outside of the lower leg to pull the foot up.

10. Finish by wrapping the rest of the bandage around the lower leg.

11. When you look at the bottom of the foot with the bandage in place, the front of the foot and toes are covered but the heel will not have any bandage over it. This gives some traction in the shoe when standing to prevent slipping.
Other tips

- Remove the bandage when going back to bed.
- You may want to have an extra bandage on hand so you can clean and dry one while using another.
- Wash the bandage in cool, soapy water. Rinse in clean water and dry flat.
- When the bandage loses its stretch, it is time to replace it.
- If your foot starts to thump or tingle, you have the bandage on too tight. Take it off and put it back on again.

If you have any questions about using the wraps, please ask your therapist, nurse or doctor.