

Below knee amputation management.

Materials needed:

4" or 6" inch wide Ace Wrap or equivalent elastic bandage or elastic wrap. You can use two (2) regular length elastic bandages sewn together or one (1) extra long elastic bandage.

You may also attach the wraps together using Velcro connectors or medical tape.

Important notes to remember:

- Always consult a medical professional, such as your prosthetist, nurse, or physical therapist, if you are unsure how to properly wrap your limb
- Re-wrap your residual limb with Ace Wrap every 4-6 hours. Be sure to inspect your limb in-between wrappings
- Make sure there are no wrinkles in the Ace Wrap
- Keep hold of the wrap to keep the tension on the wrap
- The wrap should be snug but you should be able to slide a couple of your fingers under the wrap
- When finished, the wrap should be tighter at the bottom of your limb than at the top of your limb. Put more pressure at the bottom of the residual limb with the wrap than at the top so you do not slow blood flow to the residual limb
- Make sure all areas are covered. The Ace Wrap edges should overlap each other and no skin should be poking through
- Be sure you never wrap the Ace in a full circle around the residual limb. Always use the figure 8 pattern as shown
- Pressure should be directed upward and away from the end of the residual limb as you wrap. Tissue must be "encouraged" upward instead of downward
- The bandages should be worn in a figure 8 wrap as much as can be tolerated. It should be worn at all times other than to inspect the limb and general hygiene management (20-23 hours)
- Anchor the end of the wrap with the Velcro closure. Avoid using safety pins or clips to reduce injury to the skin

Washing the bandages:

- Remember to wash the bandages AT LEAST every 2 days or anytime they become soiled
- Use a gentle fragrance free soap and hand wash the elastic wraps in warm water
- Rinse with clean water twice to ensure no soap residue is left on the bandages
- Lay flat on a clean towel to dry

Below knee Figure 8 wrapping



1. Start above the knee to anchor the wrap and make a circle around your leg. Make sure not to pull too tight.
2. Take the wrap to the back of the leg and then across and down the limb. This starts the figure 8 pattern.
3. Bring the wrap around the front of the residual limb, then across and up towards
4. Wrap around the back of the knee.
5. Then wrap down across the front.
6. Wrap around the base of the limb.
7. Next, wrap up and across the front towards the knee.
8. Then wrap around and down the back.
9. Bring the wrap back around the front.
10. Continue to repeat steps 5 - 9 until the residual limb is completely covered. Be sure to have the edges of the wrap overlap.
11. Anchor the end of the wrap with tape or Velcro. Avoid using safety pins or clips to reduce injury to skin.