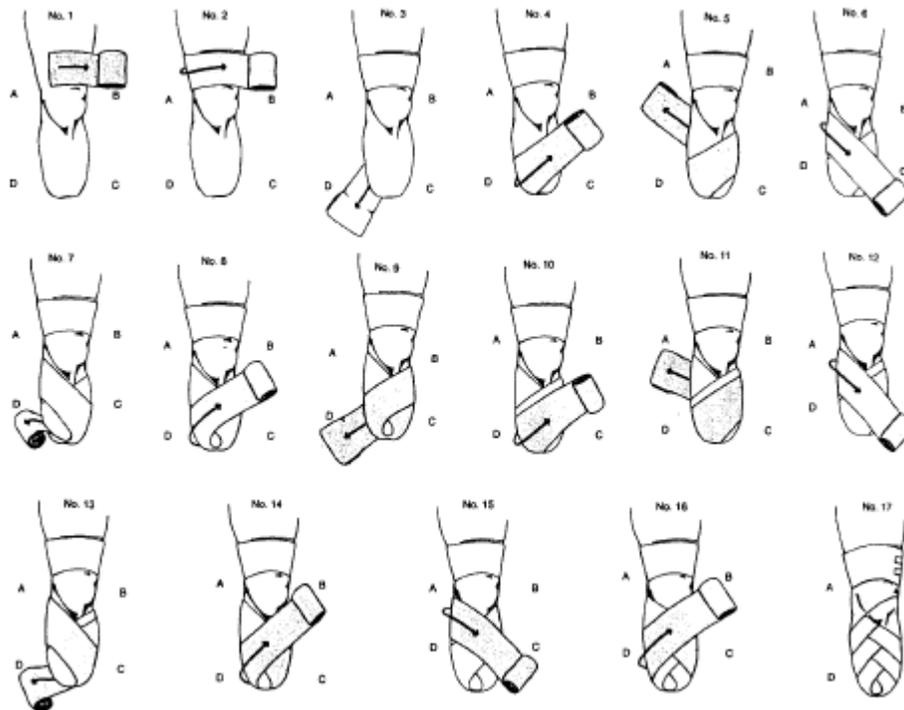


## “Figure 8” Ace Wrap Technique



Begin by laying the compression wrap (Ace wrap) above the knee or at the prescribed level. After completing slightly more than one turn with the Ace wrap, orient the roll toward the distal end and unroll. Stretch/pull the Ace wrap as you unroll at the distal end and progressively remove the tension as the roll approaches the knee. Repeat this technique with compression at the bottom and mild compression on the top continuing the “figure 8” pattern. It is important that the bottom has more compression than the top. Use tape or butterfly clips to secure the end of the roll. Contact American Orthopedics if you have any questions or concerns.