

# Ready Wrap compression wrap

## VENOUS LEG ULCERS

### ITEMS NEEDED



Liner Stocking

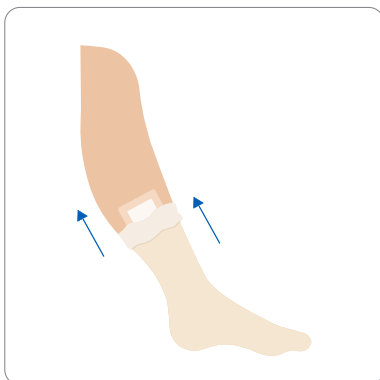


Foot Ready Wrap



Calf Ready Wrap

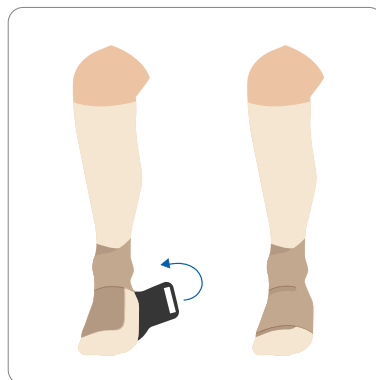
### QUICK GUIDE



#### Step 1

Apply the stocking as a normal sock, nice and flat.

**Note:** If you are wearing dressings over your ulcers, you apply them as normal and secure them either with the stocking or with the yellow liner underneath it.



#### Step 2

Apply the foot piece. It's a simple process as it's only one piece and the Velcro can only go one way.

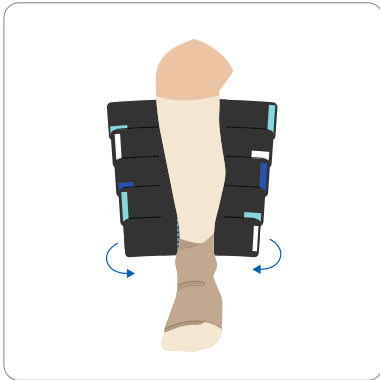
**Advice:** If you are going out and the foot piece does not fit in your shoe, you can just take it off. But, use it at all times when at home.



#### Step 3

Apply the calf wrap so it sits at the top of the foot piece.

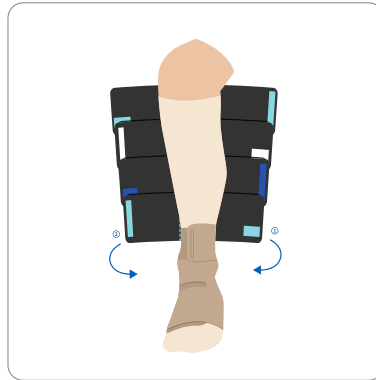
**Note:** There are several different colour shape Velcro tapes.



### Step 4

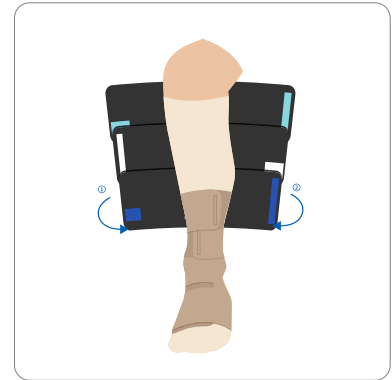
The bottom piece only has one Velcro tape and you can only apply it one way.

**Note:** Don't pull it too tight, but have good tension on it.



### Step 5

The second piece has two Velcro tapes and it's always the small horizontal Velcro tape that gets applied first. You pull it to tension and then you apply the other one directly over it.



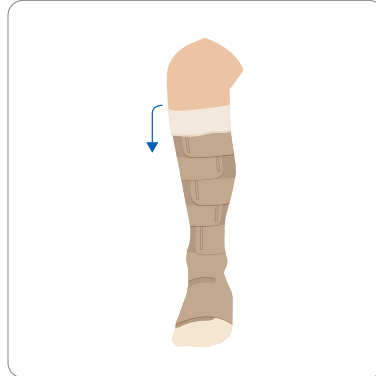
### Step 6

The next piece up has a different colour for the Velcro tapes. Again, the horizontal Velcro tape goes first, followed by the vertical Velcro tape with a good amount of tension.



### Step 7

Apply the remaining pieces all the way up, following the exact same procedure.



### Step 8

If you want, you can fold the sock over the top of the wrap.



### Video

To watch the video with more detailed instruction please go to:

<https://vimeo.com/404266526>