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## **Use of Coban Tape - fingers**

If you require any further information, please contact the Physiotherapy Department on 01935 384358.

*Therapy Department*

## Use of Coban Tape - fingers

Coban Tape is used to:

- manage swelling
- relieve pain
- manage scar tissue

It provides compression and/or support to the finger(s).

### Directions for use

A single layer is applied to the affected finger, working from the tip towards the hand. **Apply with MINIMAL tension.**

Start with one full wrap and overlap. Press overlapped area lightly to keep the end in place.

Proceed with wrapping, overlapping the tape by half its width

When application is complete, cut off excess Coban Tape, wrap and secure the end of the application by gentle pressing.

### Stop using Coban Tape if you experience:

- discolouration of skin
- throbbing
- numbness or pins and needles
- any allergic reaction (the product does contain natural rubber latex)

### Do not apply to open wounds