Ace Wrap Ankle Brace Technique

Indications
1. Therapeutic
   - ACE wrap ankle brace may be used in place of
     - Preformed ankle brace
     - Air cast
     - Athletic tape
2. Can be used in ED, Urgent Care, or MD's office for all ankle sprains
3. Technique provides support of a stirrup and sub-talar sling
   - Elastic wrap compression limits swelling and motion

Contraindications
1. All Fxs involving
   - Tibia
   - Fibula
   - Foot

Procedure
1. Materials
   - Two (2), 4-inch ACE bandages
   - Sizes should be adjusted accordingly to larger or smaller pts
2. Positioning
   - Pts may either be supine or sitting
3. Step-by-Step
   - Fold one 4-inch (3-inch in smaller pts) into fourths
   - Stretch into a stirrup and have pt or an assistant hold in place
   - Wrap second bandage distal to proximal using a figure-of-eight technique
     - Wrap tight enough to hold stirrup in place
     - Should not be constricting
   - Pt can then be placed in
     - Walking boot
     - Hard soled shoe
     - Supportive athletic shoe
4. Post-Procedure
   - Eval pt for comfort, capillary refill, and intact sensation
     - Same eval as performed w/any splint or immobilization technique

Complications
1. Wrapping too tight may lead to vascular congestion and tissue ischemia

Follow-Up
1. Pt should leave ACE in place until able to ambulate w/o pain
2. Ankle wrap can be removed to shower and replaced
3. Advise pt of S/S of venous obstruction from wrapping too tight
4. Pt should follow up w/their PCP or specialist

Author: Jarrod Mosier, Department of Emergency Medicine, University of AZ

Editor: Carol Scott, MD, University of Nevada Reno FPRP