

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

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