



Centers for
Orthopaedics
Experience in Motion

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Coban Usage at Home

This Coban worn _____ hours per day.

How to Use (for fingers or hand):

- 1) Unwind the length of coban wrap from the roll that you need to cover the body part.
- 2) Allow the coban to relax. Without stretching, apply one full wrap and overlap by $\frac{1}{2}$ width. Press overlapped area lightly to keep end in place. If using on the fingers then you always start at the top of the fingertip making sure the fingertip is left exposed.
- 3) Continue to wrap while applying slight tension on the coban. If more coban is required unwind from the roll before making a wrap so coban is not applied with too much tension.
- 4) When application is complete, cut off excess coban. Secure the end of coban by gently pressing.

Precaution: If using for the fingers, always check the fingertips for blue discoloration after 5 minutes of application. If blueness is noted then you should unwind the coban, allow the normal color to return, and then rewrap with less tension.

If you have questions or concerns please call your therapist.

Therapist: _____ Date: _____