



Coban Tape Therapy Advice

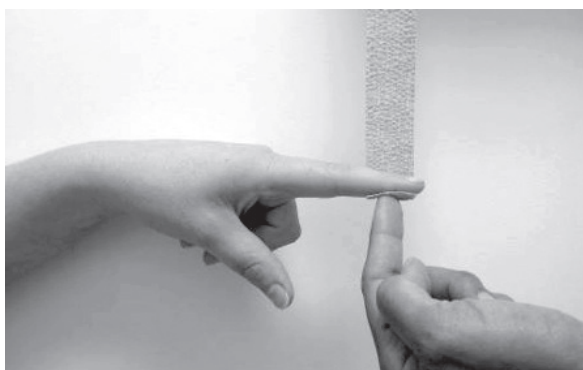
Coban Tape Therapy Advice

Coban tape is an elasticated tape that is used to help reduce swelling. It should be worn in the day and taken off at night time whilst in bed. Each piece of tape that is given to you should last for five applications.

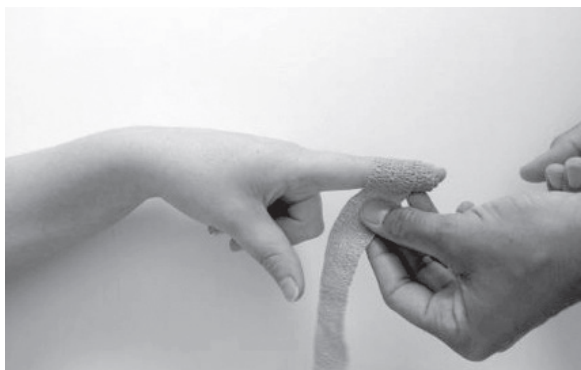
Application

The tape should be applied as directed by your therapist; you can use the following simple instructions to remind you how to put it on.

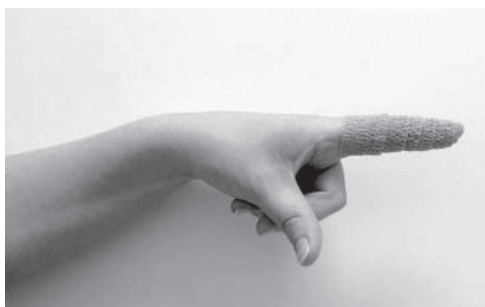
1. Start at the tip of your finger or thumb



2. Gently stretch the tape but do not stretch it as far as it will go



3. Gently wrap the tape around your finger working towards the base of the finger or thumb, ensure that the tape is overlapped as shown in the picture



Cautions

- Do not get the tape wet or it will become too tight
- If the general area becomes cold, blue or you get pins and needles then it is likely that the tape is too tight, you should remove it immediately

Contact details

Therapist**0121 371 3488**

Information for Patients

Upper Limb/Hand Therapy Department

Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston Birmingham B15 2GW

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