

# **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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