

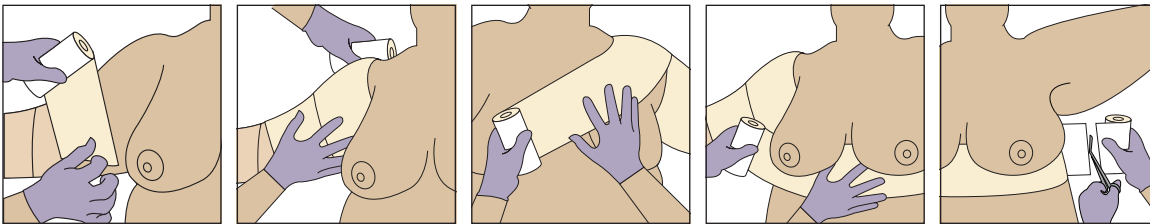
3M™ Coban™ 2 Lite Two-Layer Compression System Shoulder spica application

Materials and positioning

- ▶ The spica application is useful if the top edge of the bandage frequently rolls, to avoid slippage when there is extreme oedema at root of the limb or to control oedema at the posterior ipsilateral quadrant
- ▶ Select the 10cm or 15cm lite comfort foam and lite compression layers depending on the size of the patient

Application of comfort foam layer to shoulder spica: layer 1

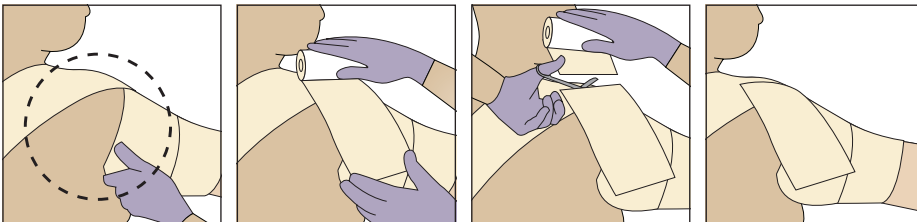
- ▶ Apply this layer with the foam side against the skin and gently guide roll to conform to anatomy
- ▶ Cover the skin with as thin a layer as possible with no gaps



Step 1: Select the 10cm or 15cm comfort foam layer and begin the application with minimal overlap of the upper arm bandage. Make a couple of circular windings and bring bandage over shoulder, centering the acromioclavicular joint in the middle of bandage.

Step 2: Bring bandage across the back and under the opposite arm. Ask the patient to take a deep breath and continue around the front of the torso. Bring the material beneath the breasts while moulding the application to the anatomy.

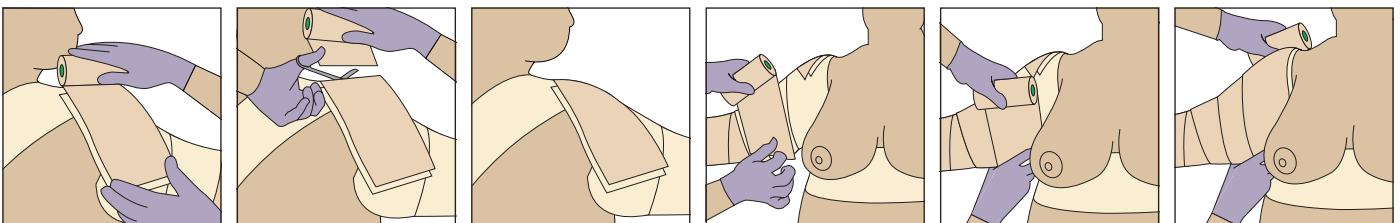
Step 3: After making a complete circular winding around the torso, ask the patient to take a deep breath. Cut the material and mould to the underlying layer.



Step 4: To complete the application over the exposed skin on back of shoulder (see dashed line), apply pieces of comfort foam layer as needed to cover the area. Cut and mould application to the anatomy.

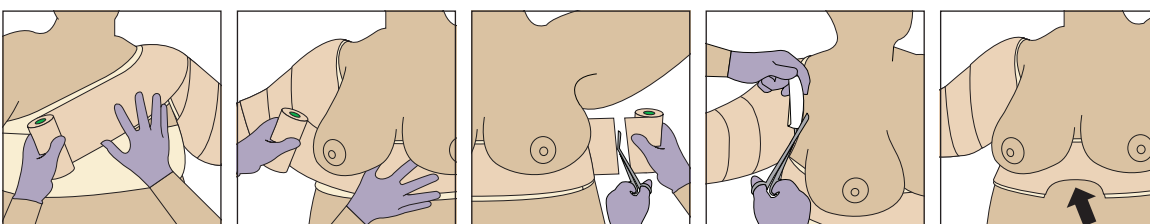
Application of compression layer to shoulder spica: layer 2

- ▶ Apply even compression with **50% overlap**. Even compression is best achieved when the material is applied at **100% stretch**
- ▶ It is recommended that you hold the roll close to the body throughout the application for controlled, even compression
- ▶ If 'bulges' are noted after the application, apply additional compression material until the application appears smooth



Step 1: Select the 10cm or 15cm compression layer and apply pieces large enough to cover the shoulder (see Step 4). Cut and mould application to the anatomy.

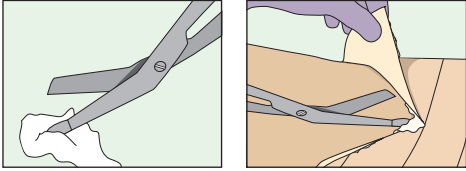
Step 2: Apply compression layer with a **50% overlap** to the upper arm bandage. Cover the upper arm with a few circular windings and bring the bandage over the shoulder.



Step 3 (optional – for bilateral breast support): Instead of cutting wrap, bring across chest to support and cover contralateral breast. Cut and mould to anatomy. Continue to Step 4.

Step 4: Trim any areas that may hinder neck, arm, or axillary movement to allow maximum range of motion. For additional comfort, bandage may be trimmed at the xiphoid process (see arrow).

Bandage removal



Bandage removal
Dipping the scissor tips into moisturising cream allows for comfortable and easy bandage removal.

Note

Refer to the Instructions for Use for complete information related to the use of 3M™ Coban™ 2 Lite Two-Layer Compression Systems.

For shoulder spica

Image	3M code	NHSSC code	PIP code	Description	Size	Compression	Box qty	Rolls per procedure
	2794E	ECA203	355-1439	10cm Lite Kit: Comfort Layer 1 and Compression Layer 2	10cm x 2.7m and 10cm x 3.2m	Lite	2 rolls	1 per shoulder
	20714/ 20724	ECA218 (BD)/ ECA222 (BD)	365-4969/ 365-5008	10cm Lite Individual Rolls: Comfort Layer 1/ Compression Layer 2	10cm x 2.7m/ 10cm x 3.5m	Lite	18/32 rolls	1 per shoulder
	20716/ 20726	ECA219 (BD)/ ECA223 (BD)	365-4977/ 365-5016	15cm Lite Individual Rolls: Comfort Layer 1/ Compression Layer 2	15cm x 2.7m/ 15cm x 3.5m	Lite	10/15 rolls	1 per shoulder

Please note Blue Diamond (BD) items are not currently stocked by NHS Supply Chain. Please allow for a longer delivery lead time.

Note: Specific indications, contraindications, warnings, precautions and safety information exist for these products and therapies. Please consult a clinician and product instructions for use prior to application. This material is intended for healthcare professionals.

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