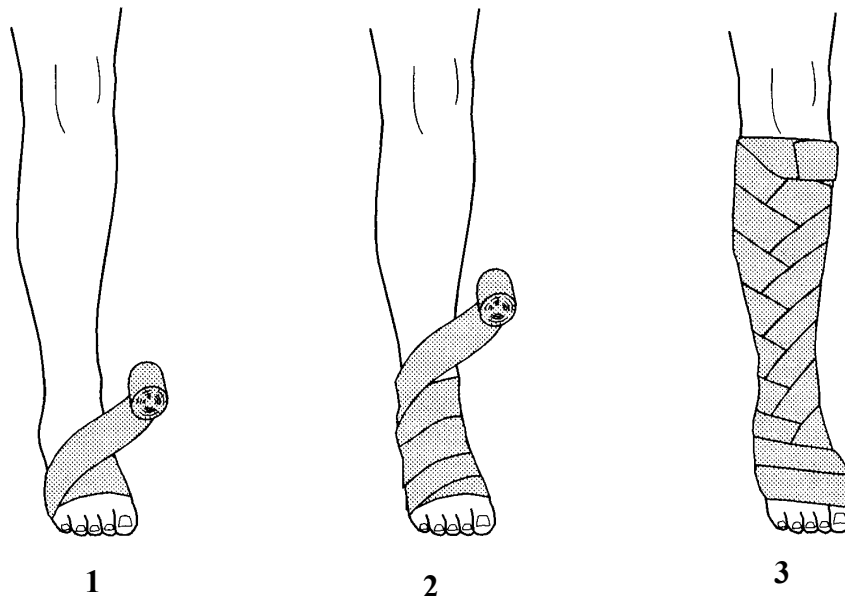
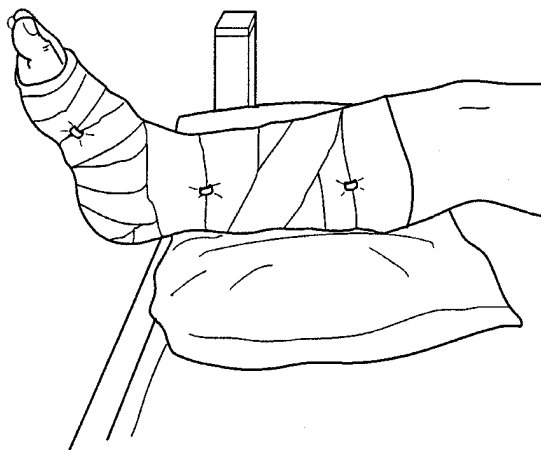


Position and Wrapping for Foot and Ankle Swelling

- Wrap your foot and ankle with an elastic bandage. Start at the toes and work toward the knee.



- Put your foot and ankle up on pillows to decrease the swelling (edema). Have the heel and foot hanging off the pillow.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.