Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Coban Wrap

Version number: **7**
Last modified date: **12th November 2026**

Coban™ Wrap

Patient Information

Upper Limb Unit, Wrightington Hospital

- Author ID: CF
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- Version: 7
- Leaflet Title: Coban™ Wrap
- Last Review: June 2025
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About Coban™ Wrap

Coban™ wrap is an elasticated wrap that sticks to itself when wrapped around a finger or hand. It provides constant pressure along the skin's surface, helping to reduce swelling after an injury or surgery. Swelling is a natural healing phase but can cause complications if persistent, leading to stiff and uncomfortable joints.

Coban™ wrap helps by:

- Maintaining compression along the skin's surface
- Preventing fluid pooling into the finger joints
- Supporting the swollen area while allowing joint movement

Applying Coban™

1. **Wrapping around the finger (1 inch width)**
   - Make a loop around the tip-end of the affected finger, leaving the fingertip free.
   - Wrap the Coban™ around the finger, moving half the thickness of the strip as you go down to the base of the finger.
   - Maintain the crinkles of the strip while wrapping. Do not tense the elastic threads within the Coban™.
2. **Pinching along the finger (2-3 inch width depending on finger length)**
   - Unroll a length of wide Coban™ wrap.
   - Cut down the width of the Coban™ to match the length of the finger, allowing the fingertip to remain free.
   - Bring the Coban™ around the finger and pinch the overlapping edges together. Begin at the fingertip end and continue along the length of the finger.
   - Carefully cut off the excess material just above the surface of the finger. Flatten the small ridge left to secure the sealed edges further.
   - Maintain the crinkles of the strip while wrapping. Do not tense the elastic threads within the Coban™.

Guidelines for Using Coban™

- Coban™ is designed to permit full movement of your finger joints.
- Once applied, it can be worn throughout the day and at night if advised by your therapist.
- Your skin may appear wrinkled when the Coban™ is removed; this is normal.

- Coban™ should be removed and replaced if the hand becomes wet.
- Store the Coban™ flat when not wearing.

Precautions

- The tip of the finger should be left exposed for monitoring of circulation and sensation.
- Regularly check for signs of tingling, numbness, color change, and coldness. Remove the Coban™ wrap if any of these signs occur.
- It should be applied with appropriate tension as demonstrated by your therapist.
- You may feel a pulsing sensation following application. This is normal and should not restrict your circulation.
- Coban™ should not be applied directly into an open wound.
- Do not wear the Coban™ at night unless advised by your therapist.

If you experience any problems, please contact your therapist:

Wrightington Therapy Department
Phone: 01257 488272
Email: wwl-tr.therapyadmin@nhs.net
Hours: 08:00-16:30 Monday to Friday

Leigh Health Centre Therapy Department
Phone: 0300 707 1597
Email: wwl-tr.leighphysio@nhs.net
Hours: 08:00-16:30 Monday to Friday

Boston House
Phone: 0300 707 1113
Email: wwl-tr.mskphysio-bostonhouse@nhs.net
Hours: 08:00-16:30 Monday to Friday



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