



Stülpa®

Instructions for dressing retention
with tubular bandages



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Important information about Stülpa®

Stülpa is a seamless knitted tubular bandage which widens when stretched width-wise and narrows when stretched length-wise. This interaction is the principle on which the Stülpa bandaging technique is based. Stülpa is carefully slid over the wound dressing and anchored appropriately according to the type of bandage. This provides a permanently non-slip bandage which always fits without creasing or creating a tourniquet effect. Joint mobility is not impaired.

Stülpa can also be used under compression or zinc paste bandages where it serves a protective function.

Unlike other finished bandages, Stülpa bandages provide a smooth surface. This means that they do not slip or sag when cut and formed into garments for retaining dressings on the head, shoulders, groin regions and other areas that are difficult to dress.

Stülpa is a bandage material which decisively facilitates bandaging techniques. Due to the high elasticity of the knitting Stülpa bandages can be applied without additional fixation. The bandage is simply secured by making a cut in the edges of the Stülpa tube and pulling out the ends and knotting them. Creating a window in the finished bandage is just as easy. A few meshes are simply cut to uncover eyes, ears etc.

Stülpa rolls are available in nine sizes with tube widths ranging from 1.5 cm to 24 cm. Ready-for-use Stülpa bandages are also available.

We wish you a lot of success at your work with Stülpa.

All sizes at a glance

Stülpa ready-for-use bandages

- Size 1 Finger bandages
REF 427 211
- Size 3 Hand, foot and leg bandages,
children's head and axilla bandages
REF 427 213
- Size 4 Head, leg and axilla bandages, face masks
REF 427 214

Stülpa rolls

- Size 0R Children's finger and toe bandages
REF 427 110
- Size 1R Finger bandages
REF 427 111
- Size 2R Arm, children's foot and children's leg bandages
REF 427 112
- Size 3R Hand, foot and leg bandages,
children's head and axilla bandages
REF 427 113
- Size 4R Head, leg and axilla bandages, face masks
REF 427 114
- Size 5R Children's trunk, head, thigh and
axilla bandages, extension bandages
REF 427 115
- Size 6R Children's trunk and thigh bandages
REF 427 146
- Size 7R Desault's, trunk and extra-large thigh bandages
REF 427 147
- Size 8R Desault's and trunk bandages
REF 427 148



Finger bandage / toe bandage

Dimension:

- a) Stülpa rolls size 0R or size 1R, approx. 5 x finger length
- b) Stülpa ready-for-use bandage size 1

Finger bandage

- a) Gather Stülpa tube up to 1 finger length. Slide open end onto the finger. Turn the gathered part at the finger pad twice around its axis.
- b) When a Stülpa ready-for-use bandage is used, guide open end of the bandage over the finger.

Put the gathered or rolled part over the finger up to the base of the finger.

Cut through the rolled section above the palm of the hand;

Lead the bandage over the back of the hand to the wrist and cut rolled section again.

Tie both ends, lead around the wrist and tie again.

Toe bandage

Stülpa size 0R, approx. 4 x toe length

The toe bandage is applied in the same manner as the finger bandage. The cuts are however not necessary; the 2nd layer is secured with tape.

Mitten

Dimension:

- a) Depending on size of the hand Stülpa rolls size 2R or size 3R, 3 x hand length
- b) Stülpa ready-for-use bandage size 3



- a) Cut the tube to approx. triple hand length.

Make a cut for the thumb at approx. one half hand length.



Uncover the thumb by making a cut,

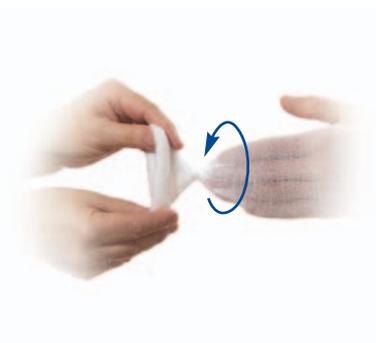


- a) Slide the end of the Stülpa tube over the fingers to the wrist, inserting the thumb through the created thumb hole.

- b) When a Stülpa ready-for-use bandage is used, slide the open end of the bandage up to the wrist, inserting the thumb through the created thumb hole.



continue up to the wrist and cut through the rolled section at the end.



- a) Gather the rest and turn it twice around its axis.

- b) Turning is not necessary for the ready-for-use bandage.

Unroll the second layer over the thumb.



Pull out the two ends, cross if necessary, pass around the wrist and tie.

Elbow bandage / knee bandage

Dimension:

Depending on circumference of the arm Stülpa rolls size 2R, 3R or 4R, 4 x length of the planned bandage

Elbow bandage

Gather and extend Stülpa tube and slide one end over the elbow.

Anchor the gathered part by turning it in the middle of the upper arm.



Anchor again and lead back to the middle of the forearm.



Lead the bandage back to the middle of the forearm, turning it in the process and anchor it.



Cut the end of the bandage,



Turning it, guide it back to the middle of the upper arm over the first layer.



pull out the two ends, cross and tie them (1.).



Or put the upper ends of the bandage on top of each other and secure them with tape (2.).



Knee bandage

The knee bandage is applied in the same manner as the elbow bandage.

Head bandage

Dimension:

- a) Depending on the size of the head Stülpa rolls size 3R, 4R or 5R, 2 x head circumference
- b) Stülpa ready-for-use bandages size 3 or size 4



- a) Roll up two thirds of the Stülpa tube. Gather and extend the open end of the bandage.
- b) When a Stülpa ready-for-use bandage is used, gather free tube piece, extending it strongly width-wise



Cut the upper layer at the centre of the forehead.



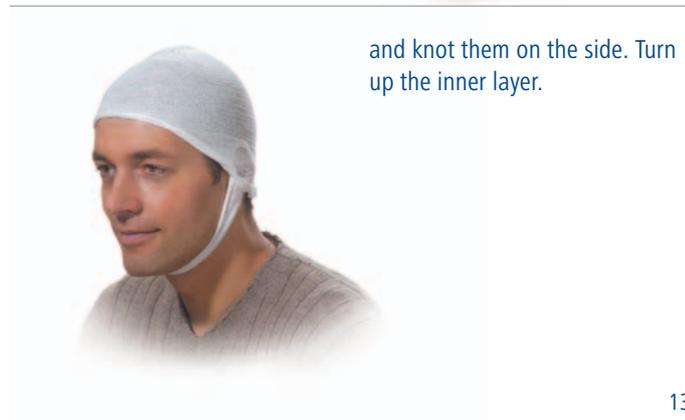
and slide it over the head like a cap.



Cut small holes in the first layer at the height of the ear lobes and thread through ends



- a) Open the rolled section fully and extend, gather up and turn it twice around its axis and place over the first layer beginning at the forehead.
- b) With Stülpa ready-for-use bandages, turning around their axis is not necessary as they are already tied at one end and rolled up for immediate use.



and knot them on the side. Turn up the inner layer.

Desault's bandage

Axilla, shoulder, elbow

Dimension:

Depending on circumference of the chest Stülpa rolls size 7R or size 8R, 3 x distance from shoulder to the elbow



Turn one end of Stülpa up to create a double tube.



Turn down the upper edge. Uncover the fingers by making a cut over the metacarpophalangeal joints.



Gather the tube, extend it widthwise and slide over both arms to the waist. Pull it from below to under the axillae so that the gathered part remains below. Fold the upper edge. Pad the hand and axilla.



For stabilisation attach 1 – 2 tape strips up to the forearm.



Lead the lower end of the tube over the arm and one shoulder.



Attach an U-strip as a rein crossways to stabilise the arm position.

Shirt bandage

Dimension:

Depending on size of the body
Stülpa rolls size 5R, 6R, 7R or 8R,
double length of the planned
bandage



Version 1

Gather the Stülpa tube, extend it width-wise and pull it from below to under the axilla.



Version 2

Gather the Stülpa tube, extend it and pull it from below to under the axilla.



Cut it perpendicularly on one side under the axilla.



Cut a hole under the axillae and insert the arms through it.



Pull out the ends and tie them on the shoulder like a strap.



Pull the bandage up over the shoulders, turn down the end as a collar.

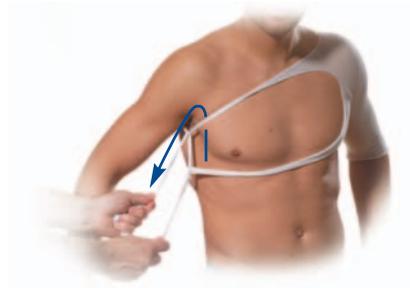
Axilla bandage

Dimension:

Depending on size of the body Stülpa rolls size 3R, 4R or 5R, for the length of the bandage measure ample circumference of the chest



Roll up two thirds of the Stülpa tube and pull up to the axilla with the roll forward.



Knot the upper strips without applying tension under the other axilla. Pull strongly on the lower strips, use one strip to pull the upper knot down and secure with a slip knot.



Cut through the roll once at the front and once at the back.



Fold over the end (if necessary secure it with tape).



Now cut both roll ends through the middle.

Breast bandage

Dimension:

Depending on circumference of the chest Stülpa rolls size 7R or size 8R, 2 x circumference of the chest



Turn one end of Stülpa up to create a double tube. Slide the bandage over the arm. The turned end is below the elbow. Cut through the gathered section on the shoulder.



Pull the ends downwards and tie them.



Pull out the edge at the arm, fold it to the front and fix it with tape.

Foot bandage

Dimension:

a) Depending on the size of the foot Stülpa rolls size 2R, 3R or 4R, 4 x foot length

b) Stülpa ready-for-use bandage size 3



a) Slide one end of the Stülpa tube over the foot to above the ankle. Gather the rest and turn it twice around its axis under the toes.

b) When a Stülpa ready-for-use bandage is used, guide free tube piece to above the ankle (pinch-off is under the toes).



Unroll the rolled section or gathered part over the first layer, turning it in the process to achieve the tension required.



Cut the bandage at the edge, pull out the two ends, cross them, pass around the ankle and tie or secure with tape.

Compression bandage

Dimension:

Depending on circumference of the leg, Stülpa rolls size 2R, 3R, 4R, or 5R; $2\frac{1}{2}$ x the distance from the tip of the toe to the heel to the knee

Roll up half of the Stülpa tube. Slide the open section to below the knee.



Put the rolled section back over the compression bandage



If necessary wrap padding wool around it and apply a compression bandage.



and secure it with tape.



Secure the compression bandage with one or more tape strips.



Zinc paste bandage

Dimension:

Depending on circumference of the leg, Stülpa rolls size 2R, 3R, 4R, or 5R; $2\frac{1}{2}$ x the distance from the tip of the toe to the heel to the knee



Roll up half of the Stülpa tube. Slide the open end of the bandage over the foot up the leg to below the knee.



Apply a Varolast zinc paste bandage in the usual manner beginning from the metatarsophalangeal joints.



Unroll the second layer over the zinc paste bandage while turning it in the process. Make sure it does not form any bulges.

Secure it with tape.



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