**Unit 3: Basics of Wrapping**

Enduring Understanding

Specific wrapping techniques are used to prevent injury or rehabilitate the body depending on the location and the type of injury being considered

1. Identify the various types of wraps that can be used and their purpose

1. Explain the need for and demonstrate the application of elastic bandages for various locations on the body
2. Demonstrate and explain what you are trying to accomplish through the application of specific wrapping techniques

**Vocabulary**

Elastic wrap

Spica bandage technique

Spiral bandage technique

Figure eight bandage technique