**Hip Flexor Spica**

1. Start with a 6” Double wrap and bend the injured leg slightly at the knee and hip.
2. Place the wrap at the middle of the thigh. Start on the medial side of the leg and wrap around the thigh laterally.



1. Roll the wrap up and behind the back and around the abdomen, then around the thigh.



1. Continue this pattern until you come to the end of the wrap.



1. Secure the wrap by taping the fabric wrap in the same pattern your applied it--placing a strip of tape around your thigh, lower back and back down to your thigh where the wrap ends

