**Groin Spica**

1. Start with a 6” Double wrap, bend the injured leg slightly at the knee and hip, and slightly internally rotated.
2. Place the wrap at the middle of the thigh. Start on the lateral side of the leg and wrap around the thigh medially.



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

