CLAIMS

1. A joint bandage for a wrist or an ankle, comprising a strap element with a first end and a second end, wherein the strap element has at least two elastic sections and at least one non-elastic section between the two elastic sections, wherein the second end of the strap element is fastened or reversibly fastenable to the strap element or to a tube element, **characterized in that**, characterized in that, the strap element successively has a first elastic section, a first non-elastic section, a second elastic section, a second non-elastic section and a third elastic section, wherein the first non-elastic section has a section in the form of a parallelogram or a curvature or a kink and wherein the second non-elastic section has a taper.

2. The joint bandage according to claim 1, wherein the strap element has a fixation section which can run around the zygopodium, in particular the forearm or the lower leg, and the fixation section has two interconnectable areas, so that the fixation section is fixable to the zygopodium, in particular the forearm or the lower leg, by connecting the two areas.

3. The joint bandage according to claim 2, wherein the strap element has a first end and a second end, wherein the first end of the strap element is formed by the fixation section and is fastenable to the zygopodium, wherein the second end of the strap element is reversibly fastenable to the strap element, wherein, in the applied state, the first end of the strap element is positioned on the zygopodium by the fixation section and the strap element runs from the first end distally over the extremity end joint to the basipodium, runs around the basipodium or metapodium on the inside, runs dorsally over the wrist or ankle to the zygopodium and thereby crosses itself, runs around the zygopodium and is reversibly fastened to the strap element with the second end in the area of the zygopodium.

4. The joint bandage according to claim 1 or 2, wherein the second end of the strap element is fastened or reversibly fastenable to the strap element.

5. A joint bandage for a wrist or an ankle according to one of the preceding claims comprising an elastic tube element and a strap element , wherein the tube element has a first tube half with a first end and a second tube half with a second end, wherein the

strap element has a first end and a second end, wherein the first end of the strap element is fastened or fastenable to the first tube half, wherein the second end of the strap element is reversibly fastenable to the strap element or to the first tube half, characterised in that, in the applied state, the first end of the strap element is fastened to the first tube half and is positioned on the zygopodium and the strap element runs from the first end distally over the extremity end joint to the basipodium, runs around the basipodium or metapodium on the inside, runs dorsally over the extremity end joint to the zygopodium and thereby crosses itself, runs around the zygopodium and is reversibly fastened to the strap element or to the first tube half with the second end in the area of the zygopodium.

6. The joint bandage according to one of the preceding claims, wherein at least one elastic section of the strap element runs over the back of the hand or the palm of the hand or over the back of the foot or the sole of the foot and/or wherein at least one non-elastic section runs along the edges of the hand or the edge of the foot.

7. The joint bandage according to one of the preceding claims, wherein the strap element has at least one tapered section.

8. The joint bandage according to any one of the preceding claims, wherein the strap element has at least one section in the form of a parallelogram or a curvature or a kink.

9. The joint bandage according to any one of the preceding claims, wherein the strap element has alternating elastic and non-elastic sections.

10. The joint bandage according to any one of the preceding claims, wherein a non-elastic pre-section is further associated to the first elastic section.

11. The joint bandage according to any one of the preceding claims, wherein the strap element comprises at least two reversibly interconnectable strap part elements.

12. The joint bandage according to any one of the preceding claims, wherein the strap element comprises a first strap part element with the first end and a second strap part element with the second end, wherein the second strap part element is elastic.

13. The joint bandage according to claim 12, wherein the first strap part element and the second strap part element are reversibly interconnectable via a third end on the first strap part element and a fourth end on the second strap part element, and wherein preferably the fourth end on the second strap part element comprises a connecting element with which the second strap part is reversibly fastenable to the tube element without the first strap part element.

14. The joint bandage according to any one of the preceding claims, wherein the joint bandage has no stabilising bar.