Contents

Name of Body Part: Ankle taping for inversion sprain.

Purpose: To keep ankle stabilized.

General Condition Procedure Used for: Support the ankle during exercise, and to prevent ankle inversion movements.

Supplies Needed: 1 and half-inch adhesive tape, tape adherent, heel & lace pads with lubricant, pre-wrap, tape cutter.

Position of Athlete / Body Part: Sitting up on a table of a height suitable for the AT (Athlete's foot in height of AT's abdominal area is usually good). The foot should be held at an angle of 90^0 and be located a bit out from the table, to allow the AT to apply tape up on the lower leg. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for the AT to perform a successful tape job.

Position of Person Taping: Standing on plantar side of foot.

Pre-Taping Procedures: Make sure that the foot and lower leg are properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1) 

Step 1. Apply heel and lace pads with lubricant to protect the most exposed areas of the skin.

2) 

Step 2. Apply pre-wrap to protect the skin. Preferably the tape should be applied directly on the skin, but an often taped ankle suffers an increased risk to cause skin problems.

3) 

Step 3. Begin the taping with applying the anchor strips at foot and lower leg. The anchor strips at the lower leg should be applied where the athlete's bulky part of the calf muscle begins. Make sure to apply the anchors on the foot in the right direction—to support the longitudinal arch. Also make sure not to apply the anchors completely straight around the limb, but in an angle. Always overlap previous strip by half the new one.

4)

5)

6)

6)

6)

Step 4. Apply stirrups and horseshoes. Start with a stirrup on the medially of the leg from the proximal anchor, loop under the heel and pull up and attach on the lateral side of the same anchor. This is done to focus support to the lateral ligaments, which are most commonly injured. If the medial deltoid ligament needs support, just reverse this procedure. Follow up the stirrup with a horseshoe, which is applied in 90^0 degree from the stirrup.

Step 5. Continue this every second overlap until you have applied three of each the stirrup and the horseshoe, finishing with a horseshoe.

Step 6. Beginning at the proximal anchor, apply two heel locks, one starting from the lateral side, and one from the medial. If starting from the lateral side, go across the leg behind the malleolus…

… and around the leg posteriorly. Come out on the lateral side inferiorly to the malleolus, go down around the heel…

…and come up just distal to the heel, go somewhat straight across the ankle anteriorly…

…return on the posterior side, catching up both malleoli on the way, before you finish down towards the heel on the same side of which you started. Don't forget to reverse the procedure and do the other way as well.

6)

…return on the posterior side, catching up both malleoli on the way…

6)

…before you finish down towards the heel on the same side of which you started…

7)

Step 7. Invert the same procedure, starting medially.

8)

Step 8. Now, apply one strip straight around the distal part of the lower leg.

9)

Step 9. Work your way up to the anchor, covering up with close off strips. These strips should all be applied in an angle and overlapped by at least one half to avoid windows in the taping. The close off strips should be thought off as anchors when applied.

10)

Step 10. Finish off with close off strips on the foot as well, with the same routine as on the lower leg—distal to proximal.

11)

Step 11. To remove an ankle tape, cut the tape where it tends to be loose because of the anatomical structure of the ankle.

11)

NOTES: Don't forget to re-check for blood circulation after a finished taping job! Don't know where the bulky part of the calf begins? Have the athlete plantar flex his/her foot.

Name of Body Part: Achilles tendon taping for plantar flexion support.

Purpose: To protect and support a strained or inflamed Achilles tendon.

General Condition Procedure Used for: Support the Achilles tendon during exercise, and to prevent painful extension movements of the tendon, by applying a tape job that helps perform a plantar flexion of the foot.

Supplies Needed: 1 and half-inch adhesive tape, 3 inch elastic tape, tape adherent, heel pad with lubricant, pre-wrap, scissors.

Position of Athlete / Body Part: Sitting up on a table of a height suitable for the AT (Athlete's foot in height of AT's abdominal area is usually good). The foot should be held in a plantar flexed position (degree depending on severity of problem) and be located a bit out from the table, to allow the AT to apply tape up on the lower leg. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for the AT to perform a successful tape job.

Position of Person Taping: Standing on plantar side of foot.

Pre-Taping Procedures: Make sure that the foot and lower leg are properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

Step 1. Apply a heel pad with lubricant as extra protection for the tendon.

Step 2. Apply pre-wrap as extra protection. Preferably the tape should be applied directly on the skin, but an often taped Achilles tendon suffers an increased risk to cause skin problems.

Step 3. Begin the taping with applying the anchor strips at foot and lower leg. The anchor strips at the lower leg should be applied where the athlete's bulky part of the calf muscle begins. Make sure to apply the anchors on the foot in the right direction—to support the longitudinal arch. Also make sure not to apply the anchors completely straight around the limb, but in an angle. Always overlap previous strip by half the new one.

Step 4. Apply a strip of elastic tape to the distal anchor, measure, without stretching, the tape to the distal end of the proximal anchor to know the needed length of the strip. When applying, stretch the strip.

Step 5. Secure the strip in both ends with new "anchors."

Step 6. Apply another strip of elastic tape, but this time, it should run at least to the proximal end of the proximal anchor when you measure. Cut the strip from its proximal end…

…stretch the strip and come around with the two proximal ends to attach them anteriorly to the proximal anchor. Make sure not to cut too far or short, but when the strip is stretched it should still cover the Achilles tendon.

Step 7. Finish off with close off strips on top of the original anchors in order to keep the elastic tape in place.

NOTES: Don't forget to check for blood circulation after finishing a tape job! Don't know where the bulky part of the calf begins? Have the athlete plantar flex his/her foot.

Name of Body Part: Low dye arch taping for a low longitudinal arch.

Purpose: To give support a low longitudinal arch.

General Condition Procedure Used for: Support the arch during exercise, and to decrease the symptoms of Morton's neuroma and shin splints.

Supplies Needed: 1 and half-inch adhesive tape, tape adherent.

Position of Athlete / Body Part: Sitting up on a table of a height suitable for the AT (Athlete's foot in height of AT's abdominal area is usually good). The foot should be held at an angle of 90^0 and be located a bit out from the table, to allow the AT to apply around the heel. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for a successful tape job.

Position of Person Taping: Standing on plantar side of foot.

Pre-Taping Procedures: Make sure that the foot is properly shaved (usually not a huge problem on the foot), clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. For this tape job, I would recommend tape adherent.

Taping Procedures:

1)

2)

Step 1. After applying tape adherent, let a horseshoe serve as an anchor. Simply apply the strip from the medial, distal part of the foot, and loop around the heel to come straight up and finish on the lateral, distal part.

3)

Step 2. Tear the tape in the middle along its length, and work with the thinner strips. Apply the first one starting on the medial part of the ball of the foot, go diagonally across the plantar side of the foot and loop around the heel at the same height as the anchor strip does. Come up on the medial side and, again, co diagonally across the plantar side of the foot to create a cross. Remember to stretch the tape to really create support for the arch. Then, apply one more strip the same way, to some extend overlapping the first one…

Step 3. Invert the procedure and put one strip the other direction…

4)

5)

6)

7)

8)

Step 4. Apply one more strip the same way, overlapping, on top on the previous strip. Make sure to spread the strips out to spread the support of the arch.

Step 5. Starting on the lateral side of the anchor, cover the X-strips using the whole width of the tape again. Finish of on the medial side to add support to the arch. Do not go all way around the foot! Start distally and work toward the heel.

Step 6. Apply another horseshoe to support the attachment of the cover up strips.

Step 7. Finish off with applying a close off strip to secure the taping.

Step 8. When done, it should look something like this from a dorsal point of view.

NOTES: Don't forget to re-check for blood circulation after a finished taping job! I personally experience this taping a lot easier to perform if using tape adherent.

Name of Body Part: Shin splints taping for anterior lower leg pain.

Purpose: Relieve pain in the lower leg—believed to be caused as a result of several different conditions in the foot and lower leg.

General Condition Procedure Used for: Support the interosseus membrane between Tibia and Fibula—decrease the stress on this area.

Supplies Needed: 1 and half-inch adhesive tape, tape adherent.

Position of Athlete / Body Part: Sitting up on a table of a height suitable for the AT (Athlete's foot in height of AT's abdominal area is usually good). The foot should be held at an angle of 90^0 and be located a bit out from the table, to allow the AT to apply tape around the lower leg. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for the AT to perform a successful tape job.

Position of Person Taping: Standing on plantar side of foot.

Pre-Taping Procedures: Make sure that the lower leg is properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

2)

3)

4)

5)

Step 1. To give the tape job some flexibility to manage the muscle contractions in the lower leg, apply the distal anchor in two pieces. Have the athlete keeping the foot up straight, and apply the first piece around the posterior part of the lower leg…

Step 2. Apply an additional strip anteriorly, to close the anchor. Make sure to go from the lateral side to the medial side—pulling fibula closer to tibia, to give extra support to the interosseous membrane.

Step 3. Repeat the same procedure when applying the proximal anchor.

Step 4. Apply two additional strips between the anchors. One on the lateral side, and one on the medial side. These strips will serve as additional anchors.

Step 5. Apply a diagonal strip originating from the distal anchor. Make sure to pull upwards and toward the opposite side.

6)

7)

Step 6. Now inverse the diagonal strip to create an X .

8)

Step 7. Just work your way up, applying every other strip from the medial side, and every other strip from the lateral side, overlapping the old strips with half the new one, until you reach the proximal end.

9)

Step 8. Apply two new side strips—one on each side.

10)

Step 9. Apply cover off strips following the same procedure as with the anchors- apply the posterior part first…

Step 10. Finish the job by applying the anterior portions, still going from the lateral to medial side

NOTES: Don't forget to re-check for blood circulation after a finished taping job! Tape adherent might be necessary for best possible result.

Name of Body Part: McConnell taping for the Patella.

Purpose: To prevent patella from gliding laterally.

General Condition Procedure Used for: Supports the patella to stay in a neutral/natural position when there is an imbalance in strength between muscles pulling the patella medially/laterally.

Supplies Needed: 1 and half-inch Leuko tape, Coverall.

Position of Athlete / Body Part: Sitting up on a table of a height suitable for the AT (Athlete's foot in height of AT's abdominal area is usually good). The leg should be kept straight. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for a successful tape job.

Position of Person Taping: Standing at the side of the athlete—next to the affected knee.

Pre-Taping Procedures: Make sure that the area around the knee is properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations.

Taping Procedures:

Step 1. Apply the Coverall—make sure that it covers the whole patella, and pretty much the whole front of the knee.

Step 2. Catch the distal part of the lateral side of the patella and pull inward to attach the strip on the medial side of the knee.

Step 3. Catch the proximal part of the lateral side of the patella and pull inward to attach the strip on the medial side of the knee.

NOTES: Make sure to catch the whole patella when applying the Leuko tape. However, do not be careless with the overlapping, instead, use an additional strip if necessary.

Name of Body Part: "Turf Toe"—Big toe taping for hyperextension.

Purpose: To prevent a hyperextension of the big toe.

General Condition Procedure Used for: Supporting the big toe during exercise, to prevent an exceeded dorsal flexion of the great toe.

Supplies Needed: 1 and half-inch adhesive tape, tape adherent.

Position of Athlete / Body Part: Sitting up on a table of a height suitable for the AT (Athlete's foot in height of AT's abdominal area is usually good). The affected big toe should be held in a somewhat flexed position—degree depending on how great hyperextension you want to prevent. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for a successful tape job.

Position of Person Taping: Standing on plantar side of foot.

Pre-Taping Procedures: Make sure that the foot is properly shaved (if necessary), clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

2)

3)

4)

5)

Step 1. Apply an anchor around the foot—make sure to apply the anchor strips the right way to support the longitudinal arch.

Step 2. Tear down the length of the tape and use half of it width. Apply an anchor around the proximal part of the big toe.

Step 3. Continue to work with half the width of the tape. Apply strips in a fanning pattern, between the two anchors, pulling the big toe into a flexion…

Step 4. Add a few more strips in different angels for increased support.

Step 5. When the desired support is achieved, cover up with close off strips over the anchors; again, make sure to apply them in the right direction.

NOTES: Don't forget to re-check for blood circulation after a finished taping job! To prevent hyperflexion, just invert the application of the strips and apply them on the dorsal side of the foot instead, with the big toe in a somewhat extended position.

Name of Body Part: Elbow taping for hyperextension.

Purpose: To prevent hyperextension of the elbow.

General Condition Procedure Used for: Support the elbow during exercise, and to prevent a hyperextension of the elbow.

Supplies Needed: 1 and half-inch adhesive tape, tape adherent, pre-wrap.

Position of Athlete / Body Part: Sitting up on treatment table or standing. The elbow should be somewhat flexed—degree depending on how great extension you want to prevent. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible condition for a successful tape job.

Position of Person Taping: Standing in front of the athlete, on the same side is the affected extremity.

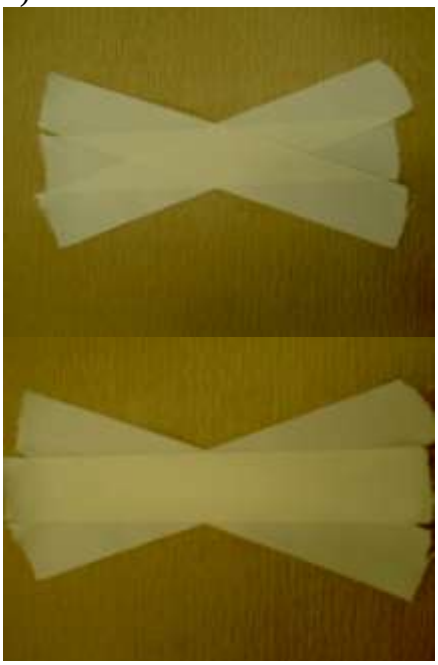
Pre-Taping Procedures: Make sure that the arm is properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

Step 1. Apply pre-wrap, from approximately the middle of the fore arm to the middle of the upper arm. Apply anchors in both ends. Be aware that the size of the muscles in the arms might greatly affected when contracted. Make sure to apply the anchors with an angle and you might want the athlete to perform some flexion while you apply the anchors.

2)



Step 2. Create a fan. Measure from anchor to anchor to figure out the length needed, then start with the straight strip in the bottom, apply two diagonal strips on top…

…and finish of with another straight strip on top.

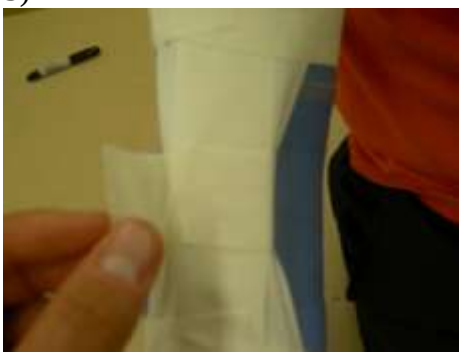
3)

Step 3. Apply the fan to the anchors and make sure that it offers the desired resistance.

4)

Step 4. Secure the fan to the anchors with proximal and distal close off strips. Remember that also the close off strips need to be in an angle, and that the athlete might need to flex the affected muscles while the strips are being applied.

5)



Step 5. Apply a strip around the centre of the fan, to increase the strength. Simply stick your finger between the fan and the anterior side of the elbow, attach the strip to your finger and pull it gently through.

6)

Step 6. Now you are finished, and it should look somewhat like this.

NOTES: Don't forget to re-check for blood circulation after a finished taping job! For best support, you might need to skip the pre-wrap and use tape adherent to make the tape stick better. However, if an athlete is having his or her elbow taped often, it is probably better to use pre-wrap to protect the skin.

Name of Body Part: Thumb taping for the proximal thumb and the Metacarpophalangeal joint of the thumb.

Purpose: To keep the Metacarpophalangeal joint of the thumb supported.

General Condition Procedure Used for: Support the thumb during exercise, and to support a sprained/strained Metacarpophalangeal joint of the thumb; can also be used to support a fracture of the proximal phalange of the thumb.

Supplies Needed: 1 and half-inch adhesive tape, pre-wrap.

Position of Athlete / Body Part: Sitting up on treatment table or standing. The thumb should be extended and abducted (degree depending on desired support) and the hand should be held in a semi-supinated position. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for a successful tape job.

Position of Person Taping: Standing in front of the athlete, on the same side is the affected extremity.

Pre-Taping Procedures: Make sure that the distal part of the forearm is properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

Step 1. Apply pre-wrap.

2)

Step 2. Have the athlete either making a fist, or spread his or her fingers while you apply the anchors. This is done do make sure that the anchor won't be too constricting.

3)

Step 3. Now work with half the width of the tape. Apply the first strip, starting from the dorsal side, go diagonally across the wrist and loop around the metatarsophalangel joint from the palmar side.

4)

Step 4. Create an x when crossing the strip that you are working with, and attach to the palmar side, proximally of the palm.

5)

Step 5. Just work your way distally over the joint, always overlapping. The procedure is the same for all the strips. The amount of strips needed depends on the size of the athlete, but 4 is usually a good ides.

6)

Step 6. If the support still not is satisfying, you might want to add a full-width strip using the same technique. However, you might have to fold the edges in a little bit just where the tape loops around the thumb—to avoid skin irritation and blisters.

7)

Step 7. When desired support is achieved, cover up with the close off strips over the original anchors.

NOTES: Don’t forget to re-check for blood circulation after a finished taping job! Avoid taping on the palm.

Name of Body Part: Knee taping for the lateral collateral ligament.

Purpose: To keep knee stabilized—especially support the lateral collateral ligament.

General Condition Procedure Used for: Support the knee during exercise, and to support the lateral collateral ligament of the knee.

Supplies Needed: 1 and half-inch adhesive tape, 3 inch elastic tape, tape adherent, scissors, (pre-wrap).

Position of Athlete / Body Part: Standing up on a low table or box—allowing some possibility for the AT to work around him or her. The affected leg should be placed slightly in front of the unaffected leg, and its heel should be supported on a laying roll of tape to keep knee somewhat flexed. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible tape job.

Position of Person Taping: Standing in front of the athlete—will probably need to work some around the athlete.

Pre-Taping Procedures: Make sure that the thigh and lower leg are properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

2)

3)

4)

Step 1. Make sure to positioning the athlete correctly.

Step 2. Using the elastic tape (to allow the big muscle groups hamstrings and the quads to constrict, but still having the tape sticking), apply anchors around the mid-thigh and the mid-lower leg.

Step 3-4. Support the collateral ligament by applying an x-fan over the ligaments. Apply moderate stretch to the tape, and try to come around and attach the strips on the medial side of the leg, without taping over the patella…

5)

6)

7)

8)

Step 5. Follow up with a straight strip to complete the fan.

9)

Step 6-8. Apply a fan to the medial side of the knee as well, using the same technique as to the lateral side. This time, try to come around and attach the strips on the medial side of the leg.

10)

Step 9-10. As this taping focuses to support the lateral collateral ligament, I add additional supporting adhesive tape, creating a cross over the joint again (10). Fold the edge on the middle of the tape in order to make it stronger (9). Then secure the taping with cover off strips in both the distal and proximal end (10).

11)

Step 11. Now, use elastic tape again. Begin on the anterior-proximal thigh, go laterally and pass behind the knee and come out on the medial side to finish of on the anterior side of the lower leg. Then, start at the top again, inverting the pathway of the last strip by starting in a medially direction instead. Again, apply moderate stretch to the tape while applying.

12)

Step 12. Complete the taping job by applying cover off strips to the thigh and leg. Make sure to overlap half the previous strip with the new one.

NOTES: Don't forget to re-check for blood circulation after a finished taping job! To support the medial collateral ligament instead, simply apply the additional adhesive tape cross to the medial side instead. I chose to do this taping without pre-wrap for better attachment. However, considering the stress on the skin, you would probably want to use pre-wrap.

Name of Body Part: Shoulder taping for a sprain of the AC-joint.

Purpose: To keep shoulder stabilized; give additional support to a sprained AC-joint.

General Condition Procedure Used for: Support the shoulder during exercise, and to provide support to an injured AC-joint

Supplies Needed: 1 and half-inch adhesive tape, tape adherent, protective pad with lubricant.

Position of Athlete / Body Part: Sitting straight up on a table of a height suitable for the AT, or standing, depending on the athlete's height. It is of great importance that the athlete keeps a good posture. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible tape job.

Position of Person Taping: Standing on the affected side of the athlete.

Pre-Taping Procedures: Make sure that the area is properly shaved (if necessary), clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

2)

3)

4)

5)

6)

Step 1-2. Apply a protective pad over the nipple, and then apply the anchor, reaching from the armpit. Apply an additional anchor on the back.

Step 3-4. Apply an anchor between the two anchors previously applied to the thorax. You want to apply the strip between these two anchors from the posterior to the anterior anchor, and make sure to put some stretch on it. Also, apply anchors around the arm(make the athlete flex while applying).

Step 5-6. Apply a strip between the two last anchors. This strip should run across the AC-joint. Then, secure this strip another strip between the two thorax anchors, just on top on the previous strip between these two anchors.

7)

8)

9)

10)

Step 7-8. Apply a fan going from the medial to the lateral anchor, across the AC-joint…

…if necessary, make the fan a little wider to be sure to support the AC-joint properly.

Step 9. Go posterior to anterior, starting as medially as possible, and apply overlapping strips between the anchors on the back and chest. You can have the most lateral strips in an angle, to be sure both to reach both the anchors, but also to increase the support the tape job is giving to the AC-joint.but also to increase the support the tape job is giving to the AC-joint.

Step 10. Finish up with applying cover off strips over the original anchors on the arm, back and chest.

NOTES: Don't forget to re-check for blood circulation after a finished taping job! Tape adherent might be useful. Make sure to use the protective pad over the nipple to avoid complications when removing tape. Follow up this tape job with a wrap of the AC-joint, as extra support and to keep the tape job in place—see "Shoulder spica" for more further information.

Name of Body Part: McConnell taping for shoulder—AC-joint sprain.

Purpose: To keep shoulder stabilized by supporting a sprained AC-joint.

General Condition Procedure Used for: Support the shoulder during exercise, and to provide support to an injured AC-joint.

Supplies Needed: 1 and half-inch Leuko tape, Coverall.

Position of Athlete / Body Part: Sitting straight up on a table of a height suitable for the AT, or standing, depending on the athlete's height. It is of great importance that the athlete keeps a good posture. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible tape job.

Position of Person Taping: Standing on the affected side of the athlete.

Pre-Taping Procedures: Make sure that the area is properly shaved (if necessary), clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

Step 1. Apply the Coverall. First, apply a strip from approximately 3 inches medially from the AC-joint, reaching down over the deltoid muscle. Then, apply a strip from the Coracoid process, posteriorly to the Scapula. These two strips are supposed to create a cross over the AC-joint.

Step 2. Apply a strip of Leuko tape, pulling from the lateral point of the coverall strip, and insert on the medial point of the strip.

Step 3. Starting from the Coracoid process, pull posteriorly and insert on the posterior point of the coverall strip.

NOTES: You will need to put tension on the tape if you want a good result out of this tape job.

Name of Body Part: Shoulder spica.

Purpose: To keep shoulder stabilized.

General Condition Procedure Used for: Support the shoulder during exercise, and to provide support to an injured AC-joint.

Supplies Needed: 6" double ace wrap, 1 and half-inch adhesive tape, power flex.

Position of Athlete / Body Part: Standing up. It is of great importance that the athlete keeps a good posture. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for the AT to create a successful job.

Position of Person Taping: Standing in front of the athlete, might need to work around the athlete depending on the athlete's size.

Pre-Taping Procedures: Cover all necessary blisters/wounds/irritations.

Taping Procedures:

1)

2)

3)

Step 1. Attach the wrap to the upper arm.

Step 2-3. Come up over the AC-joint and go across the chest...

…go under the opposite arm and go back across the back…

…come up over the AC-joint again, loop down around the arm and repeat this cycle.

4)

Step 4. Attach the wrap with adhesive tape. If necessary, use power flex to add support. Just use the same cycle to apply the power flex as you used to apply the wrap itself, and then secure the power flex with adhesive tape.

NOTES: Make sure to re-check for circulation!

Name of Body Part: Knee taping for hyperextension.

Purpose: To prevent hyperextension of the knee.

General Condition Procedure Used for: Prevent hyperextension of the knee or simply from an extension where pain is present.

Supplies Needed: 1 and half-inch adhesive tape, pre-wrap, 3 inch elastic tape, scissors, protective pad with lubricant.

Position of Athlete / Body Part: Standing up on a low table or box—allowing some possibility for the AT to work around him or her. The affected leg should be placed slightly in front of the unaffected leg, and its heel should be supported on a laying roll of tape to keep knee somewhat flexed. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible tape job.

Position of Person Taping: Will need to work some around the athlete, but mostly standing behind the athlete.

Pre-Taping Procedures: Make sure that the thigh and lower leg are properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

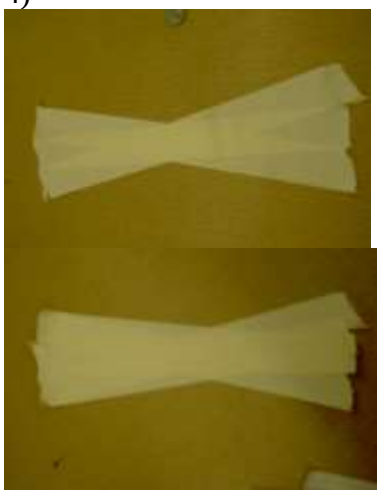
Taping Procedures:

1)

2)

3)

4)



Step 1-2. Apply a protective pad to give additional protection to the back of the knee before applying pre-wrap. and anchor with elastic tape. Mid thigh and mid calf are good general measurements to aim for.

Step3. Use elastic tape to apply anchors. Mid thigh and mid calf are good general measurements to aim for.

Step 4. Create a fan of adhesive tape strips. Measure the distance between the anchors and then create the fan on a table. Number of strips used depends on size of the athlete, but always begin and finish with a straight strip in the middle.

5)

Step 5. Make sure to stretch the tape properly when attaching it to the anchors. The easiest way to do this is to apply the proximal end of the fan first, which allows you to stretch the tape and secure the distal end as well.

6)

Step 6. Apply additional support to the fan by adding a strip tape around the centre of the fan.

7)

Step 7. Add additional support to the tape job by applying cover-off strips from both the proximal and distal end.

NOTES: Remember to re-check for circulation! The last picture shows an exaggeratedly prevented hyperextension of the knee, in order to make it easier to see in the pictures.

Name of Body Part: Thigh strain wrap.

Purpose: To support the quadriceps muscles.

General Condition Procedure Used for: Support a strained quadriceps muscle during exercise by adding additional compression.

Supplies Needed: 1 and half-inch adhesive tape, 6" double ace wrap, tape adherent, power flex.

Position of Athlete / Body Part: Standing on a box or table to put the thigh in suitable height for the AT. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible job.

Position of Person Taping: Standing in front of the athlete.

Pre-Taping Procedures: cover all necessary blisters/wounds/irritations. If tape is used it is preferably to have the athlete shave, clean and dry the affected area extra carefully, and tape adherent may be used.

Taping Procedures:

1)

3)

2)

4)

Step 1. To prevent slipping of the wrap, apply tape adherent or roll a strip of adhesive tape with the sticky side out, and apply to the thigh.

Step 2-3. Start in the distal end; fold the wrap's original proximal corner for better attachment. Work your way proximally in a circular pattern. Secure with adhesive tape.

Step 4. Power flex may be used to secure the job more properly. Secure the Power flex with adhesive tape

NOTES: For additional support, perform the tape job used for shin splints to the thigh, using only the medial and lateral anchors. For focus on hamstring, simply start on the posterior distal side and work your way up in a circular pattern. If you want to focus support on the medial hamstring, pull the medial muscle towards the midline of the posterior thigh, and vice versa.

Name of Body Part: Wrist taping to prevent hyperextension.

Purpose: Supporting wrist to avoid a hyperextension.

General Condition Procedure Used for: Support the wrist during exercise and to prevent hyperextension of the wrist.

Supplies Needed: 1 and half-inch adhesive tape, tape adherent, pre-wrap, power flex.

Position of Athlete / Body Part: Sitting up on treatment table or standing. The wrist should be somewhat flexed—degree depending on how much extension you want to prevent. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for a successful tape job.

Position of Person Taping: Standing in front of the athlete, on the same side is the affected extremity.

Pre-Taping Procedures: Make sure that both the hand and the forearm are properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

Step 1. Apply pre-wrap to the distal forearm.

2)

Step 2. Have the athlete either spreading his or her fingers, or making a fist, while you apply the anchors. This is to make sure that tape job will not be too tight.

3)

Step 3. Apply the anchor to the hand. Preferably, start somewhere on the dorsal side, as it won't become as sweaty as the palmar side. To prevent the tape from rubbing against the thumb, fold in the edge of the tape just where the tape passes the thumb. Go all away around the hand with the anchor.

4)

Step 4. To prevent hyperextension, keep the wrist in a somewhat palmarflexed position, and start to apply strips on the palmar side, from anchor to anchor. Make sure to stretch the tape.

5)

Step 5. Apply approximately four strips (depending on size of wrist) between the anchors to increase the area of support, finally, you have created a well spread fan to support the wrist.

6)

Step 6. Secure the taping job by applying cover offs on top of the original anchors. Again—fold the edge of the tape when passing the thumb.

7)

Step 7. If additional support is desired, simply apply a figure 8 around the wrist, using power flex. Apply stretch to the tape when pulling across the palmar side of the hand. Finish with securing the power flex, using adhesive tape for cover off strips.

NOTES: Don’t forget to re-check for blood circulation after a finished taping job! Tape adherent can help to keep the anchor on the hand in place.

Name of Body Part: Wrist taping to prevent hyperflexion.

Purpose: Supporting wrist to avoid a hyper flexion.

General Condition Procedure Used for: Support the wrist during exercise and to prevent hyper flexion of the wrist.

Supplies Needed: 1 and half-inch adhesive tape, tape adherent, pre-wrap, power flex.

Position of Athlete / Body Part: Sitting up on treatment table or standing. The wrist should be somewhat extended—degree depending on how great flexion you want to prevent. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible condition for a successful tape job.

Position of Person Taping: Standing in front of the athlete, on the same side is the affected extremity.

Pre-Taping Procedures: Make sure that both the hand and forearm are properly shaved, clean and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

Step 1. Apply pre-wrap to the distal forearm.

2)

Step 2. Have the athlete either spreading his or her fingers, or making a fist, while you apply the anchors. This is to make sure that tape job will not be too tight.

3)

Step 3. Apply the anchor to the hand. Preferably, start somewhere on the dorsal side, as it won't become as sweaty as the palmar side. To prevent the tape from rubbing against the thumb, fold in the edge of the tape just where the tape passes the thumb. Go all away around the hand with the anchor.

4)

Step 4. To prevent hyper flexion, keep the wrist in a somewhat dorsal flexed position, and start to apply strips on the dorsal side, from anchor to anchor. Make sure to stretch the tape

5)

Step 5. Apply approximately four strips (depending on size of wrist) between the anchors to increase the area of support, finally, you have created a well spread fan to support the wrist.

6)

Step 6. Secure the taping job by applying cover offs on top of the original anchors. Again—fold the edge of the tape when passing thumb.

7)

Step 7. If additional support is desired, simply apply a figure 8 around the wrist, using power flex. Apply stretch to the tape when pulling across the dorsal side of the hand. Finish with securing the power flex, using adhesive tape for cover off strips.

NOTES: Don’t forget to re-check for blood circulation after a finished taping job! Tape adherent can help to keep the anchor on the hand in place.

Name of Body Part: Finger taping for a sprain.

Purpose: Keep an unstable finger supported.

General Condition Procedure Used for: Support the finger during exercise, supporting the collateral ligaments of the interphalangeal joints laterally and medially.

Supplies Needed: 1 and half-inch adhesive tape, (tape adherent).

Position of Athlete / Body Part: Standing, or sitting up on a treatment table. The finger should be held in an extended position, and the other fingers should be flexed, to allow the AT to apply tape around the finger. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible conditions for a successful tape job.

Position of Person Taping: Standing in front/to the side of the athlete.

Pre-Taping Procedures: Make sure that the finger is clean and dry, and hasn't recently been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures (two different ways)**:**

Alternative A: Finger to finger support

Tape the injured finger to a healthy, adjacent finger.

Simply use about half the width of the adhesive tape and apply tape strips on each side of the proximal interphalangeal joint. Make sure not to cross a joint or applying the tape too loosely.

Alternative B: One-finger support for the lateral side:

1)

2)

3)

4)

5)

Step 1. Using half the width of the adhesive tape, apply an anchor on each side of the proximal interphalangeal joint.

Step 2. Using about a third of the width of the adhesive tape, start on the dorsal/medial side of the proximal anchor, go across the finger and cross the proximal interphalangeal joint diagonally towards the palmar side of the finger, go across palmarly and loop around the finger to finish of on the dorsal side, just proximal of the distal interphalangeal joint.

Step 3. Apply another, similar strip, but this time, start on the dorsal/lateral side crossing the finger medially.

Step 4. Apply a straight strip of tape between the anchors to complete the fan.

Step 5. Finish the tape job by applying cover off strips on top of both the original anchors.

NOTES: Don't forget to re-check for blood circulation after a finished taping job! Use the same taping technique to give support to the medial side of the finger as well.

Name of Body Part: Mallet finger taping for rupture of the Extensor Digitorum Tendon.

Purpose: To support finger during healing process.

General Condition Procedure Used for: Support the finger during exercise and in daily life, and to allow the Extensor Digitorum Tendon to heal (continuously splinted for up to ten weeks).

Supplies Needed: 1 and half-inch adhesive tape, aluminium finger splint, scissors.

Position of Athlete / Body Part: Sitting up on treatment table or standing. The finger has to be supported the whole time. Athlete can help the AT to support the finger during the taping process, and should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible tape job.

Position of Person Taping: Standing in front of the athlete, on the same side is the affected extremity.

Pre-Taping Procedures: Make sure that the affected finger is cleaned and dry, and that the affected area not recently has been exposed to heat or cold but is holding a normal temperature. Cover all necessary blisters/wounds/irritations. If necessary, use tape adherent.

Taping Procedures:

1)

Step 1. Measure and cut a piece of the aluminium splint that reaches from just distal of the distal end of the finger, to just distal of the proximal interphalangeal joint.

2)

Step 2. Keep the finger supported while applying the aluminium splint to the finger, using adhesive tape.

Step 3. When finished, the splint should be secured to the finger with a distal and a proximal anchor, one on each side of the distal interphalangel joint.

3)

NOTES: This splint will need to be kept on for the full healing time. When changing splints, the distal interphalangel joint must not be flexed—finger must be supported when resplinting.

Name of Body Part: Hip adductor (groin) spica.

Purpose: To support the groin.

General Condition Procedure Used for: Support the groin/adductor muscles during exercise by applying a wrap that helps performing the movement of hip adduction.

Supplies Needed: 1 and half-inch adhesive tape, 6" double ace wrap, power flex.

Position of Athlete / Body Part: Standing on a box or table to put the thigh and hip in suitable height for the AT. The hip should be held in an internally rotated position and place a roll of tape under the heel to create some flexion to the knee. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible condition for the AT to create a successful job.

Position of Person Taping: Standing in front of the athlete.

Pre-Taping Procedures: Cover all necessary blisters/wounds/irritations. Make sure that the athlete goes to the restroom before applying this wrap!

Taping Procedures:

1)

2)

3)

4)

5)

Step 1. Apply the wrap by pulling the thigh into internal rotation.

Step2. Go anteriorly across to the opposite hip and go around the back. Come down anteriorly toward the medial side of the thigh.

Step 3. Loop around the thigh, pulling the thigh into internal rotation, and come across anteriorly to the opposite hip again.

Step 4. This cycle is repeated all through the wrapping process. When wrap is applied, secure it with adhesive tape.

Step 5. Add additional support with power flex, using the same pathway as when applying the wrap itself. Then, secure the power flex with adhesive tape.

NOTES: Have the athlete wearing tights to protect privacy, but still achieve a successful job.

Name of Body Part: Hip flexor spica.

Purpose: To support the hip flexor.

General Condition Procedure Used for: Support the hip flexor during exercise by applying a wrap that helps perform the movement of hip flexion.

Supplies Needed: 1 and half-inch adhesive tape, 6" double ace wrap, power flex.

Position of Athlete / Body Part: Standing on a box or table to put the thigh and hip in suitable height for the AT. The hip should be held in an externally rotated position and place a roll of tape under the heel to create some flexion to the knee. Athlete should be paying attention to what the AT is doing and be sure to stay focused through the whole procedure in order to create the best possible job.

Position of Person Taping: Standing in front of the athlete.

Pre-Taping Procedures: Cover all necessary blisters/wounds/irritations. Make sure that the athlete goes to the restroom <u>before</u> applying this wrap!

Taping Procedures:

1)

2)

3)

Step 1. Apply the wrap by pulling the thigh into external rotation.

Step 2. Go up over the hip on the same side, go straight across the back and loop around the opposite hip.

4)

5)

Step 3. Loop down around the thigh and, again, pull the thigh into external rotation.

Step 4. just repeat the cycle until the wrap is properly in place. Secure with adhesive tape.

Step 5. To secure the wrap more properly, apply power flex using the same pathway as with the wrap itself. Then, secure the power flex with adhesive tape.

NOTES: Have the athlete wearing tights to protect privacy, but still achieve a successful job.