Strapping Techniques

By

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Owned and operated by Perth physios with over 20 years experience

Sports Medicine Wholesaler
- Strapping tapes
- First Aid
- Massage creams
- Braces
- Clinical consumables
- Electrotherapy equipment
- Rehabilitation Equipment
- Orthotics

Preferred supplier to..
- Football West
- NetballWA
- RugbyWA - Western Force
- WAFL clubs;
  - Perth Demons
  - Claremont Tigers
  - West Perth Falcons
  - East Perth Royals
  - Peel Thunder
  - East Fremantle Sharks
Taping

The aim of taping is to:

• Prevent injury
• Reduce the severity of injury
• Provide support
• Limit pain
• Limit specific movements at a joint
• Allow desired movements at a joint
• Provide Proprioception
Important Points

Taping a joint should never replace a gradually progressed exercise rehabilitation and strengthening program for that joint.

Taping that is applied incorrectly may aggravate an existing injury or cause a new injury.
Strapping Procedure...

1. Preparation of the area
   - Skin should be clean and dry with no dirt, oil or lotions
   - The area should be shaved at least 12 hour prior to taping
   - Use adhesive if wet weather or if oily skin
   - Use underwrap if skin allergies ie foam underwrap or hypo-allergenic undertape
   - Where possible tape directly onto the skin to obtain maximum support
Strapping Procedure...

2. Strapping

- Choose right tape for the job
- Place the joint in the appropriate position
- If taping over a muscle allow for contraction and expansion of the area
- Avoid continuous taping and tourniquet effect
Strapping Procedure...

2. Strapping cont...

• Overlap the tape by at least ½ width of previous layer

• Tape from the roll whenever possible

• Lay tape on skin- don’t pull it

• Avoid wrinkles
Strapping Procedure...

3. Post Strapping Checks

- Check for reduced circulation - pinch big toe
- Check for tingling and pins and needles
- Check for stability of taping - quick functional test
- Check for any pressure areas of tape
- Should not be painful
Strapping Procedure...

3. Removal of Tape

- Use tape scissors to reduce skin injury
- Hold skin as you pull tape off
- Don’t “yank” tape off quickly
- Remove any residual adhesive with tape remover.
General Tips

• Have tape prepared and easily accessible

• Always know the tape you need for the job

• Learn to tear tape or pre-cut tape to size

• Never tape directly over a cut or skin infection

• Complete all tape prior to pre-event massage

• Ensure good skin health- Vit E cream for regular tapers
What tapes are available??

- **Rigid Tapes**
  - 50mm, 38mm, 25mm
  - Main tape for strong joint support

- **Hypoallergenic under-tapes**
  - Use under-tape to protect sensitive skin
    - Adhesive – Fixomull, Medifix (5cm or 10cm)
**EAB- Elastic Adhesive Bandages**
- 25mm, 50mm, 75mm
- Used to over rigid taping for extra support and extra anchoring
- Stops rigid coming undone or loosening
- 25mm ideal for thumbs

**Hand Tearable Tapes**
- Easy and quick to use- no need for scissors
- Not as strong as EABs but great useability
- Less bulky than EABs makes it better to use over strapping tapes ie ankles
Taping Accessories

1. Skin Prep wipes/Spray

2. Tape Remover

3. Lister/Butt nose Scissors

4. Adhesive foam

5. Tape Adhesive
The Thumb

1. Apply an anchor strip around the wrist
2. Apply tape:
   • Start at front side of the wrist on the radial pulse
   • Move tape upwards to base of thumb
   • Go around the base of thumb and encircle joint, bringing the tape back to where you started.
   • Repeat x 3 covering across the thumb joint
3. Lock off with anchor around wrist
The Fingers - Buddy Taping

1. Tape two adjacent fingers
2. Tape above and below injured joint
3. If buddy taping for a prolonged period pad between the fingers with a small piece of foam
The Ankle Joint

1. Ensure ankle and lower leg are clean and dry
2. Apply protective padding and cover any existing wounds
3. Apply 2x anchor strips around the base of the calf muscle
4 Apply 2-3 stirrups (depending on size of foot/ankle)
  • Begin on the inside and finish on the outside
  • Overlap second and third stirrups by half the width of the tape
The Ankle Joint...

5. Apply a figure of 6
   • beginning on the medial side, go around the heel and cross over front of ankle x 2

6. Apply Heel Sling
   • Start mid shin, move tape down and outwards

7. Lock off around calf

8. Can use EAB or hand tear-able tapes to reinforce
The Shoulder Joint

1. Start with hand resting on hip
2. Apply 3x anchors across top of shoulder
3. Apply 1x anchor around arm, mid bicep.
4. Apply strip pulling tape up from bicep anchors up to shoulder anchors
5. Apply x 3 strips fanning out from front to back
6. Lock off with anchors across shoulder and mid bicep
7. Can use EAB to strengthen