



# Strapping Techniques

By

Martin Meyer

Sports Physiotherapist

Director APE



*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

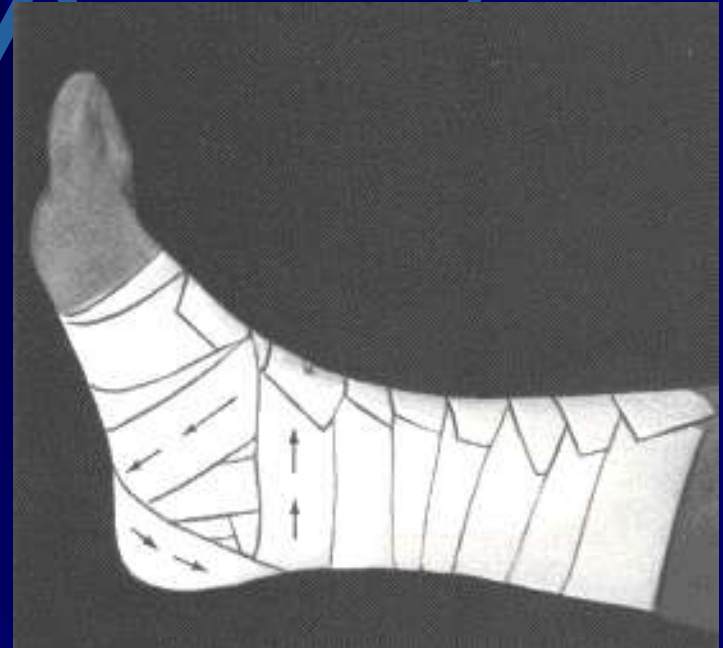
- Choose right tape for the job
- Place the joint in the appropriate position
- If taping over a muscle allow for contraction and expansion of the area
- Avoid continuous taping and tourniquet effect



# Strapping Procedure...

## 2. Strapping cont...

- Overlap the tape by at least  $\frac{1}{2}$  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

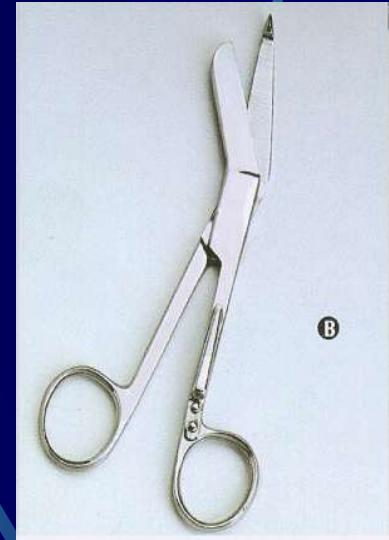




# Strapping Procedure...

## 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

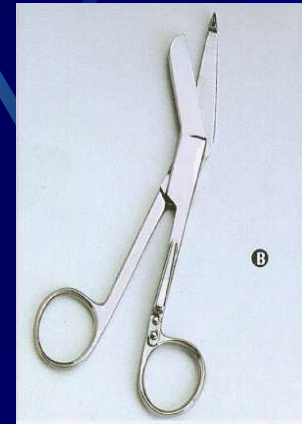
1. Skin Prep wipes/Spray



2. Tape Remover



3. Lister/Butt nose Scissors



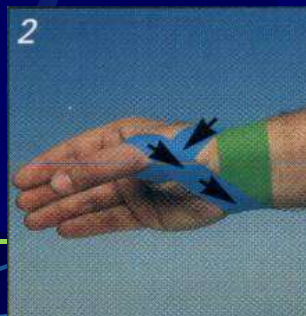
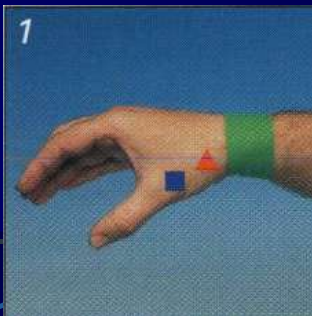
4. Adhesive foam



5. Tape Adhesive

# The Thumb

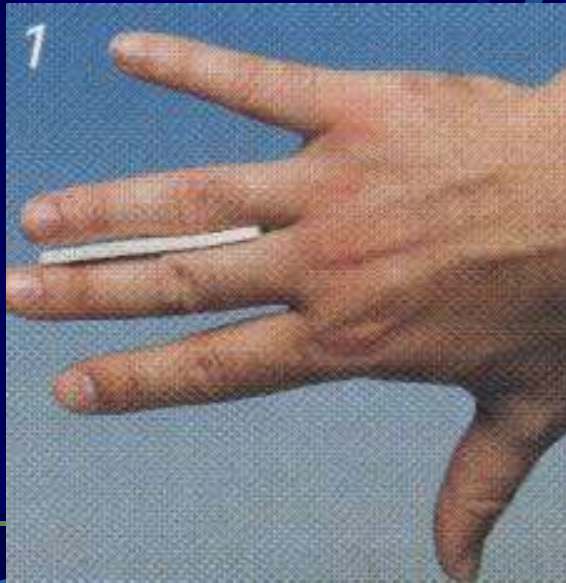
- 1 Apply an anchor strip around the wrist
- 2 Apply tape:
  - Start at front side of the wrist on the radial pulse
  - Move tape upwards to base of thumb
  - Go around the base of thumb and encircle joint, bringing the tape back to where you started.
  - Repeat x 3 covering across the thumb joint
-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





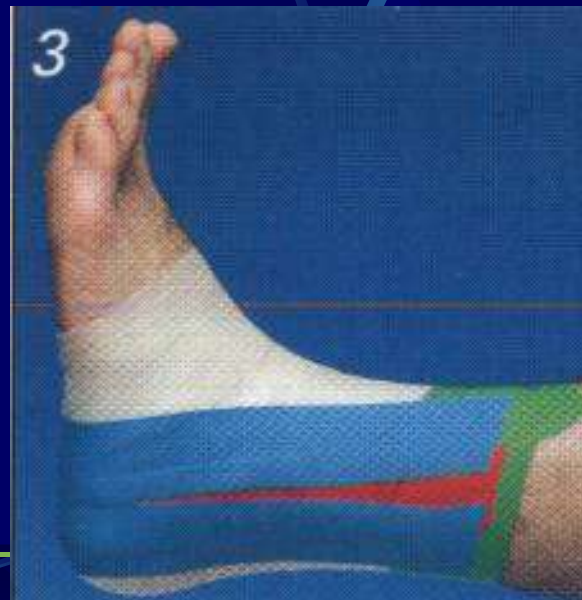
# The Ankle Joint

- 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



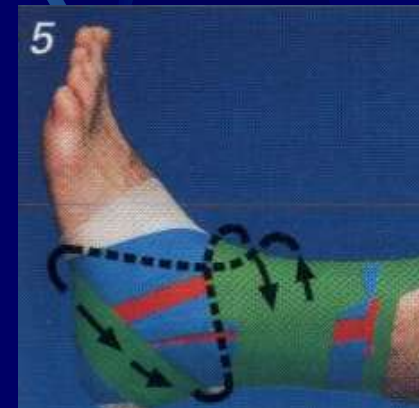
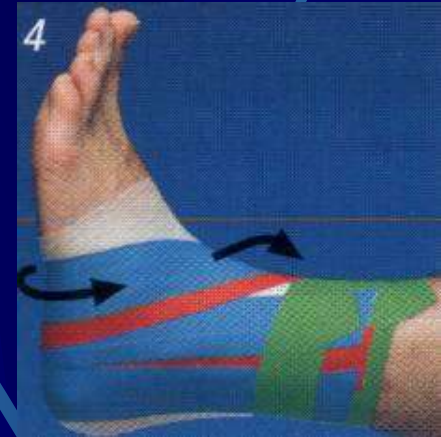
# The Ankle Joint...

- 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