Preventative Taping For Athletic Injuries

By: Manny Moore
Taping techniques have been used for many years by healthcare professionals to prevent, treat, and manage injuries.

• **Athletic trainers** typically apply taping techniques and are skilled in a variety of application methods.

With appropriate instructions and practice students can become proficient in the application of these techniques.
What’s The Purpose

- Shoulder Injuries
- Elbow Injuries
- Wrist & Hand Injuries
- Knee Injuries
- Leg Injuries
- Foot Injuries
- Ankle Injuries
Objective of Taping

• Provides support and reduces range of motion in preventing injuries.

• Provides support and reduces range of motion in treating and rehabilitating injuries.

• Secures pads, wound dressings, elastic wraps when treating and managing injuries.
Types of Tape

• There are many types of tape and should be based on the desired objective of the technique.

Types

Non-Elastic

Elastic

• Pre-Wrap

• Not consider tape but is used with it.
Non-Elastic & Elastic

- Both have adhesive backings that can adhere to the skin and other materials.

- Common sizes: 1/2 in, 1 in, 1 1/2 in, 2 in, 3 in

- Non elastic is non elastic tape.
  Elastic is stretch tape

- Elastic Tape: 4 in *if necessary
Pre-Wrap & Supplies

• Pre-wrap is a thin foam material used to reduce friction between the skin and tape surfaces.

Supplies

• Spray Adhesive (Q.D.A.)
• Pre-Wrap
• Heel & Lace Pad
• Non Elastic Tape
• Elastic Tape

• Pre-Wrap: 3 in rolls
Recommendation For Application

The following recommendations will assist in properly applying taping techniques.

- Position in the range of motion of stabilization
- Remove any lotion & oils
- Clean & Dry Area
- Shave Area *if necessary
The following recommendations will assist in applying non elastic & elastic taping techniques.

- Decide whether to shave
- Spray area with *(Q.D.A.)*
- Heel & Lace Pads
- Apply pre-wrap *if necessary & overlap by Half*
Steps For Closed Basket Weave Ankle Taping
Step #2

• Apply 2 anchor strips at mid leg.
  overlap tape by half & angle tape upwards

• Apply 1 anchor strips at mid foot.

Link to step #1
Step #3

• Apply 3 stirrup strips from medial to lateral.

• Apply 1 anchor strip from the top after each stirrup. (x3)

• Apply 1 horseshoe strip after each anchor. (x3)

overlap tape by half
Step #4

• Apply 2 figure 8 tape patterns.

overlap tape by half
Step #5

• Apply 2 heel lock tape patterns.
  overlap tape by half
Step #5 continued

• Apply 2 heel lock tape patterns.

overlap tape by half
Step #5 continued

• Apply 2 heel lock tape patterns.

 overlap tape by half
Step #6

•Apply closure strips from bottom to top
•Make sure to close up any holes
Steps For X Arch Taping
Step #1

• Spray area with (Q.D.A.)

• Apply 1 anchor strip at the distal end of the foot.
Step #2

• Apply 1 or 2 anchor strips around heel continuing around both sides of foot.
Step #3

- Starting from the 1st Toe, apply 3 to 4 (X) strips continuing around the heel to the 5th digit.
Step #4

- Apply low dye strips lateral to medial from the bottom of the foot to mid foot.

overlap tape by half
Step #5

• Apply anchor strips around heel continuing around side of foot.
• Apply closure strip around top of foot.
Questions?!