Taping Techniques

Thanks for purchasing our sports strapping tape.

There are basic principles but as with many things there are many ways to skin a cat. Lots of “experts” do it differently. You can trawl the interweb but we have done it for you. Check out our web page http://physiorehabgroup.co.nz/patient-info/useful-websites-for-patients/strapping-videos-rigid-kinesio-tape for some excellent resources.

Preventative sports taping

Elite athletes and informed amateurs routinely tape their ankles prior to playing or training to reduce the chance of injury. A well-respected study describes why:

“The effectiveness of ankle taping has been demonstrated by a significant reduction in ankle sprains when compared to untaped ankles.”

Preventative taping has also been credited with these benefits:

1. The severity of ligamentous injury was reduced...(and)
2. The incidence of recurrence was reduced by as much as two thirds\(^3\), also
3. Enhanced proprioceptive (position feedback) recruitment has been demonstrated\(^4\).

A good preventative tape job conforms well to the individual’s ankle. However, sports taping should always be used in conjunction with joint strengthening and feedback (proprioceptive) exercises.

**CAUTION:** If you are injured, seek correct diagnosis and treatment from a qualified Sports Medicine professional (Physiotherapist, Doctor etc.) before taping.

Preparing to tape

Preparing and protecting the skin.

- **Shave:** For best results, wet shave the skin 12 hours before (or use an electric razor just prior).
- **Clean the skin:** Use Leuko tape remover to remove body oil.
- **Cover any broken skin or rashes:** Use a non-stick wound pad, eg. Hansaplast Non-Stick Wound Pad.
- **Pad sensitive areas:** Use a Handy gauze pad or Leukofoam.
- **Spray skin with adhesive (optional):** Leuko spray adhesive can help if extra adhesion is needed.
- **Apply underwrap (optional):** Use Leukowrap underwrap on top of the spray adhesive to protect tape sensitive skin. (Fixomull Stretch is an alternative).

**How To apply tape**

Joints are normally strapped in the functional middle position the “at rest” position. Overlap each layer of strapping by one third to half for maximum strength. Do not use the limb to pull against when getting the tape off the roll. Hold the roll in one hand and pull the tape off with the other hand, then apply gently. Alternatively, tear off the required number of strips of the right length before you start.

**How tight?**

If the tape is too loose, it won’t support the joint. If it is too tight, it could cut off the blood supply.
Sports taping basics

a. Half-Heel Lock - 38 or 25mm rigid tape is applied over the finished tape job to firmly lock in the ankle joint.

b. First Half-Heel Lock - the tape makes a ‘U’ to lock in one side of the heel.

c. Second Half-Heel Lock - opposite to the first. Supports the other side and further restricts ankle movement.

d. Figure-8 Bandage - used with Eloflex® compression bandage for RICER.

e. Figure-8 - also used with a 75 or 50 mm elastic adhesive bandage like Leukoband for strong support.

f. Spica - the thumb spica is a repeated figure 8 in 25 mm rigid or elastic tape.

g. Elastic and Rigid Tape Together - for optimal support and compression, eg, Leukoband 75mm figure-8 over 38mm Premium Plus stirrups.

h. Full Heel Lock In 75mm Elastic - another way of overwrapping rigid tape for firm support. It is like two half heel locks (above) without stopping.

CAUTION: If you are injured, seek correct diagnosis and treatment from a qualified Sports Medicine professional (Physiotherapist, Doctor etc.) before strapping.
Preventative ankle taping

These Preventative Sports Taping Techniques are to help prevent injury or re-injury and are used routinely before training or playing by informed sports people.

Preventative taping for the ankle
This preventative taping technique offers maximum support to help prevent lateral ligament sprains.

Preparation: Shave ankle or use Leukowrap or Fixomull® stretch for underwrap.

A. Leukowrap: (under-wrap) is applied in a figure-eight “overwrapping” style. (Shaving is preferred).

B. Leukofoam: is cut to shape and stuck to skin to pad out the hollow below the ankle bone.

Leuko Spray Adhesive: is normally used to help secure the Leukowrap.

Anchors: (Green Tape) are next applied to firmly attach the stirrups.

First Stirrup: (Red Tape) is firmly attached to the anchor.

38mm rigid sports tape is the most commonly used (Note: Coloured tape for demonstration only).

Three Stirrups: (Blue Tape Stirrups Two and Three) are generally applied. These attach to the anchors starting from inside to outside in a U-shape formation. They provide excellent support.

Two Figure - Six's : (Red first, Blue second) are to further counteract the inversion movement that causes injury. Applied from the inside to the outside returning to the inside after crossing the front of the foot.

Locking Strap: (Green Tape) is to hold the Stirrups and Figure - Six's in place.

First Half-Heel Lock: (Green Tape) is for support to the rear ankle region. Begin on front of lower leg and move under foot, to outside of heel. Finish on the inside of the lower leg where you started.

Second Half-Heel Lock: (not shown) is applied in the opposite direction.

A. Mid-Foot Sling: (Red Tape near toes) can be further applied to support the “mid foot” region.

B. Locking Straps (Red tape above ankle) are re-applied to fill in any uncovered areas that may cause tape cuts.

Figure-Eight Overwrapping:
(White Tape) is applied using Leukoband Elastic Adhesive Bandage 5cm width.

This provides mild compression and further secures the taping technique.

Figure - Eight's and a Spiral:
(White Tape) complete the overwrapping technique to completely encase the Rigid Tape.

CAUTIONs: Walk around to check for any discomfort, pain or numbness. Be careful of circulation difficulties and loosen tape if any of these symptoms are present. Pinching pain around the fifth metatarsal (outside of midfoot) may require a nick to the tape with scissors. If numbness/ pain persists, remove tape and re-apply with less pressure.
Preventative thumb taping

This taping is to support the proximal metacarpophalangeal joint of the thumb. Support is required following thumb (abduction) sprain or to help stop reinjury of a weakened joint.

Apply anchor: (Green Tape) with 3.8cm rigid Leuko Sports tape gently around the wrist.

- CMC = Carpo-metacarpal joint
- MCP = Metacarpo-phalangeal joint

CAUTION: Avoid applying too tight as this may compromise circulation.

Apply a spica: (Blue Tape) using either 1.25cm or 2.5cm rigid tape from the anchor on the back of the wrist around the base of thumb and back to the anchor on the palm side of the wrist.

Apply 2 to 4 other spica strips: (Red and Blue Tapes) to further support the CMC and MCP joints of the thumb.

Overwrap: (Brown Tape) with either 2.5cm or 5cm Leukolastic or Leukoband Lite elastic adhesive bandages for compression and protection.

Repeat 3 or 4 times: (not shown) to fully support the area below thumb.

CAUTION: Pinch thumb pad to check circulation is OK.

Preventative finger taping

Preventative taping for the finger
This taping method is to support a sprained finger joint. Tape is applied above and below the joint.

Use next finger as a splint: and position a strip of Leukofoam® Orthopaedic Support Foam to prevent rubbing between the fingers.

Apply 2 simple spirals: (Blue Tape) of Leuko Sportstape 1.25cm around the fingers.

Leave the joint areas exposed: to allow some movement. Always finish off on top to prevent tape rolling in contact sports.
Advanced therapeutic knee taping

**CAUTION:** These advanced therapeutic taping procedures should only be used under the direct supervision of a qualified Sports Medicine professional (Doctor, Physiotherapist etc…) as part of a total treatment and rehabilitation plan.

This taping technique provides support to Medial Collateral Knee Ligaments as part of an athlete’s rehabilitation plan. Preparation : Position the knee at 10 degrees of flexion (a roll of 38mm tape under the heel will help).

A. **Shave knee area or apply underwrap:** (See-through Foam) from mid-calf to mid-thigh. Leukowrap® underwrap or Fixomull® stretch is used.

B. **Apply 2 anchors:** (Flesh Tape) at top (A/B) and bottom (C/D) with either 7.5cm or 5cm (depends on leg size) Leukolastic® or Leukoband® (elastic adhesive bandage).

Apply anchors: (Green Tape) are applied next. Their function is to firmly attach the diagonal strips (Red Tape).

3.8cm width Leuko Sportstape is the most popular for use throughout this technique.  
(See: Coloured tape is only for demonstration purposes.)

Apply two diagonal strips: (Red Tape) of Leuko rigid tape from behind the thigh (on Green anchor) passing anteriorly and inferiorly over the medial ligament. Finish the tape on the lateral aspect of the tibial tubercle.

Apply two diagonal strips: (Blue Tape) of Leuko rigid tape from the anterior thigh (on Green anchor) passing posteriorly and inferiorly over the medial ligament. Finish the tape over the calf region on the green anchor tape.

Apply two vertical strips: (White Tape) of Leuko rigid tape to further reinforce the diagonal strips that cross the medial ligament.

Locking Straps are applied: (Green Tape) to secure crossing diagonals and vertical strips applied.

Elastic Adhesive Bandage Locking Straps are applied: (White Tape) using 5cm Leukoband to hold procedures 3, 4 and 5 in place. The diagonal rigid tapes are copied: using 5cm Leukoband to further reinforce the rigid tapes.

An overwrapping spiral: (White Tape) completes the technique using either 7.5cm Leukoband or Leukolastic tan-coloured) elastic adhesive bandage from mid-calf to mid-thigh.
Advanced shoulder taping

This advanced therapeutic shoulder taping technique: is to support the Acromio Clavicula joint following injury.

**CAUTION:** This technique will form part of a treatment and rehabilitation plan devised by a sports medicine professional.

**Preparation:** position the shoulder at a 45 degree angle by resting the forearm on a bed or table.

**Apply Fixomull stretch as skin protection:** (White) 5cm or 10cm is best.

**Leukofoam pads are cut:** (White Circle and Rectangle) to protect the nipple and bony prominence of the AC joint.

A. **Two Anchors:** (Green Vertical Tape) of Leuko rigid tape are applied over the shoulder girdle.

B. **Two Transverse anchors:** (Green Horizontal Tape) a round the chest below nipple help the anchors.

Two anchors: (Green Tape) a re applied on the humerus at the level of the Deltoid insertion.

A. **Two diagonal strips:** (Red Tape) a re then applied from the shoulder anchor to the Deltoid anchor. Note: Larger shoulders may need three strips.

B. **Two diagonal strips:** (Blue Tape) a re repeated in the opposite direction. Extra diagonal strips can also be applied alternately for added support.

**Completed technique anterior aspect:** (Brown Tape) Leuko Sportstape Premium Plus or Leukotape P are the normal tapes of choice.

**Extra locking strips:** on the anchors further reinforce and complete the procedure by covering the ends of the diagonal strips.

**Completed technique posterior aspect:** If necessary, extra diagonal strips in each direction can provide greater support but further restrict mobility.