

Chapter 8: Bandaging and Taping

What are the nine rules for tape application?

- If the part to be taped is a joint, place it in the position in which it is to be stabilized.
- Overlap the tape at least half the width of the tape below.
- Avoid continuous taping.
- Keep the tape roll in the hand whenever possible.
- Smooth and mold the tape as it is laid on the skin.
- Allow the tape to fit the natural contour of the skin.
- Start taping with an anchor piece and finish by applying a lock strip.
- Where maximum support is desired, tape directly over the skin.
- Do not apply tape if skin is hot or cold from a therapeutic modality.

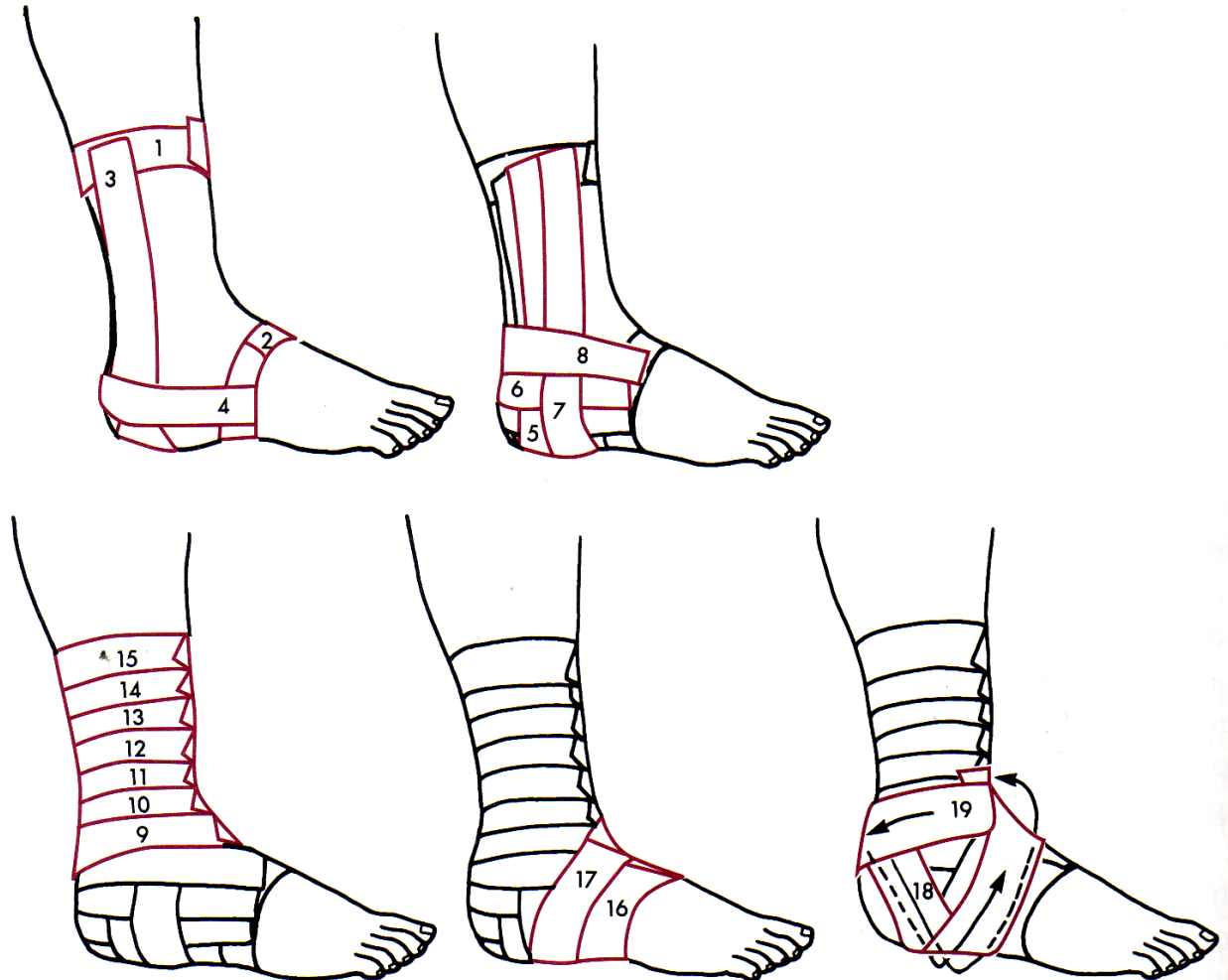
Taping is a secondary function!

- Athletes who should absolutely be taped are those with acute injuries.
- Six months to one year after an acute injury, athletes should depend on the strength of their own structures.
- Taping does supply some additional support, but exercises are better!
- Exercises should be done right before taping, not only because it strengthens the structures, but it allows fluid into the extremities, increasing it's size so the tape is not too tight.
- You have a better chance of being hurt during practice, therefore it is better to tape during practice rather than games.
- Taping does not strengthen structures, exercise does!
- Most taping is done for psychological reasons.
- Some athletes are taped for looks!

Ankle Taping

Figure 8-26

Closed basket weave ankle taping.



Buddy Taping (Fingers or Toes)

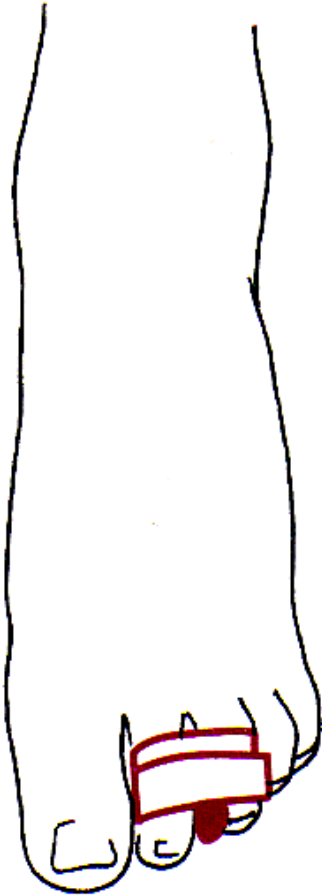


Figure 8-24

Fractured toe taping.

Wrist Taping 1

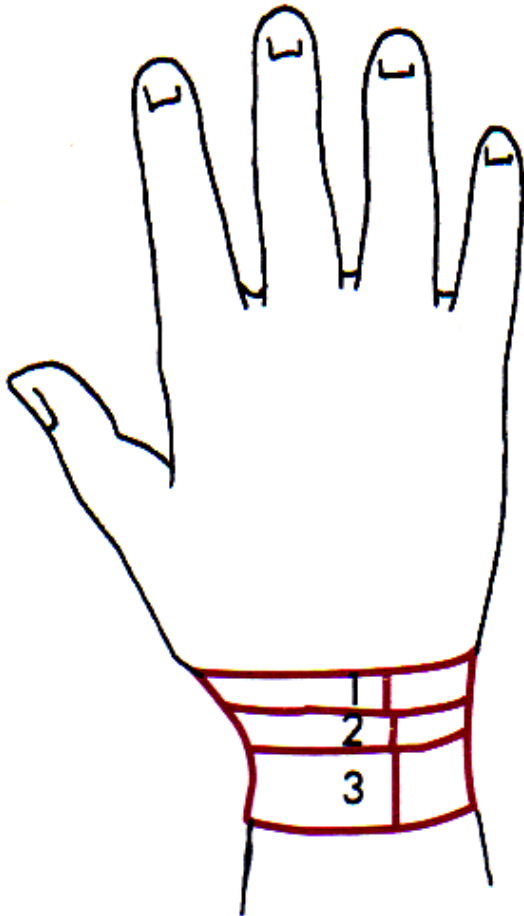


Figure 8-40

Wrist taping technique no. 1.