



**Strapping Booklet 2021**

# Tape Choices & Uses



## Rigid Tape

Provides strong joint support.



## Hypoallergenic Underwraps

Use to protect sensitive skin, reduces the risk of your skin reacting to the rigid tape.



## EAB

Can be used over top of the rigid tape to provide additional support and compression.



## K Tape

Provides non-restricted support that permits muscles to perform at full range of motion.

# Strapping Advice

## Applying tape

- The skin area needs to be clean of oils and creams for tape to adhere well.

## Allergies

- Please ask about any known tape allergies before applying tape
- if there are known allergies, ensure hypoallergenic under-wrap covers the area about to be strapped.
- If the skin around the taped area becomes red, itchy, burns or blisters remove the tape immediately, wash the skin and pat dry.

## Removing tape

- Do not leave tape on for >2days.
- If you feel the tape is aggravating your injury then you should remove it.
- If you experience pins and needles, numbness or skin discoloration remove the tape immediately.
- Remove tape slowly and carefully easing away from the skin.
- Softening in water will aid removal

**Remember: Strapping does not replace an individualised rehabilitation programme**

# Ankle

This shows various levels of support to provide stability primarily to the lateral (outer) ankle. This can also be used to support the medial (inner) ankle.



- Place the anchor above the ankle joint



- Start from the anchor on the inside
- Place the tape down the inside of the leg/ankle
- Wrap under the foot

# Ankle



- Apply tension to the tape as you wrap around the outer portion of the heel
- Smooth the tape down and finish at the anchor
- Repeat 2x-3x, overlapping each strip by 50%



- Start on the inside again
- Wrap under the foot, and then cut across the front of the ankle
- Place the tail of the tape on the inside where you started
- Repeat this 1-2x,
- If strapping for a medial (inner) ankle sprain, start on the outer portion with this step and work in



- Close off the strapping by going over the anchor again

# Knee

This shows how to strap the medial (inner) knee, but this can also be done on the lateral (outer) knee to provide stability here, or it can be applied to both sides for heavy support



- Get the person to step forward and keep the knee slightly bent throughout
- Apply anchors above and below the knee



- Start on the top anchor
- Place the tape near the front of the knee
- Work down and back towards the bottom anchor, applying tension to the tape before placing it down

# Knee



- Start from the top anchor again, now near the back
- Work down and forward towards the bottom anchor, applying tension to the tape before placing the tape down



- Repeat steps 2 & 3 until desired amount of support and coverage is achieved, overlapping each strip by 50%
- Go back over the anchors to complete the strapping



- If additional support and protection is needed, EAB can be applied
- Start at the top anchor and complete a full loop around the thigh

# Knee



- Come across and down the inside of the knee, similar to step 2
- Loop around the calf



- Come up and across the knee and loop around the back of the thigh



- Finish at the front of the thigh
- Repeat this step again +/- go in the opposite direction to cover the outside of the knee
- Place 2 strips of rigid over the tail of the EAB to secure it



# Shoulder

This strapping is designed to provide maximum support to the shoulder . If you need a mild amount of support and unrestricted movement, continue to the K Tape strapping.



- Position the person sitting upright, hand on the hip and driving the hand into the hip lightly to tense the bicep
- Place one anchor around the middle of the arm
- Place the other from the chest over the shoulder to the bottom of the shoulder blade



- Start from the top anchor just below the collar bone
- Work down and back towards the lower anchor, applying tension to the tape before sticking it down

# Shoulder



- This is the most important strip to get right
- Start from the lower anchor, placing the tape under the arm before wrapping up and across to attach to the upper anchor over the shoulder blade



- Repeat steps 2 & 3 two more times, overlapping each strip by 50%



- Go back over the anchors to complete the strapping

# Shoulder

This strapping is designed to provide light support that doesn't restrict movement. If you play a contact sport, we recommend you use the rigid strapping.

## Top tips

Round the edges of the tape to prevent sharp edges getting caught on clothing.

The last 2cm of K-tape at either end should be applied to the skin without any stretch to ensure the tape stays in place.



- Make a small tear in the backing paper 2cm from one end and remove the end portion of the backing
- Place the tape down on the skin



- Peel the backing off the mid section, leaving 2cm at the end still covered
- Hold down the end of the tape and apply a stretch to the strip of tape

# Shoulder



- Wrap the tape up and over the top of the shoulder and place the mid section down
- Peel the backing off the last 2cm and press this down
- Rub over the tape to help activate the glue



- Repeat the above steps working from the back to the front of the shoulder
- This tape sticks to skin better than it sticks to its self, so try start and end this strapping on skin



- Rub over the tape again to help activate the glue and to ensure all edges are pressed down

# Wrist



- Starting just below the wrist joint line, apply a loop around the wrist with only a small amount of tension



- Apply a 2nd strip over this, this time applying a moderate amount of tension to the tape that is on the back of the wrist (less tension over palm aspect of wrist to avoid squeezing veins)
- Repeat until desired amount of compression is achieved

# Thumb



- Start by placing an anchor around the wrist
- Get the person to place their hand out as if they were going in for a hand shake



- Place the tape down in the web space
- Cross the free end of tape across the side of the thumb and attach it to the anchor
- Do the same with the roll end of the tape, working across the side of the thumb and attaching to the other side of the anchor



- Repeat the above 2-3 times or until enough coverage of the thumb or stability is achieved
- Go back over the anchor again to complete the strapping



## Three Golden Rules For Getting Back In Action

1. Pain must not exceed 5/10 during activity.
2. Pain must return to its former level within 20mins of ceasing activity.
3. Pain must not be any worse the following day.

If in doubt seek professional support.

You can book an appointment online:  
[www.getbackinaction.co.nz](http://www.getbackinaction.co.nz)