

Chapter 11

The Primary Purpose of Taping is to Provide:

- Support
- Stability
- Compression for the affected body parts

The Primary Purpose of Elastic Wraps (Ace Bandages) are to Provide:

- Support
- Compression

With Proper Application, Taping and Wrapping techniques can be applied to:

- Shorten the muscles' angle of pull
- Decrease joint range of motion (ROM)
- Secure padding, bandages, or protective devices
- Apply compression to aid in swelling reduction

Tape/Wrap Terminology

- Adhesive White Tape is non-elastic tape.
- Elastic Tape (Brown or White) provides greater freedom of mobility to the affected body part.
- Elastic Wrap or Ace Bandage.
- Prewrap is also known as under wrap. It is applied to an area prior to being taped. It is not used prior to an Elastic Wrap.

Preparation of Body Parts to be Taped:

1. Evaluate injured area.
2. Remove all hair-to ensure a good solid foundation for the tape, will allow for easy tape removal, and will reduce skin irritation.
3. Clean the area-make sure the skin is clean moisture free
4. Special Considerations- provide special care if the skin has allergies, infections, or open and closed wounds.
5. Spray Adherent- will aid in the adhesive quality and to provide stability for the supportive techniques. (EX-Tuf Skin and QDA)
6. Skin Lubricant- will help reduce the possibility of irritation. (Ex. Heel and Lace Pads + Skin Lube)
7. Underwrap (Prewrap)- is used primarily in cases when the athlete is allergic to tape or it is used to hold heel and lace pads in place at high friction areas.
8. Tape- tape the structure.
9. Check circulation

Preparation of a Body Part to be Wrapped:

1. Evaluate
2. Wrap
3. Secure
4. ****Check Circulation****

The Purposes of Supportive Wraps:

- Used to aid in muscle function and support
- Used to reduce excessive range of motion

Example of Supportive Wraps:

- Spica Wraps
- Figure of Eight Wraps
- Supportive Wraps- Aid in securing pads after the proper placement of felt, foam rubber, and protective device

The Purpose of Compression Wrap:

- Used to provide compression, support, and reduce swelling and pain.
- Used in initial treatment protocol: Protection, Rest, Ice, Compression, Elevation, and Support (PRICES)

Proper Application of a Compression Wrap Includes:

- Elevate
- Use a spiral pattern
- Begin distal (away from) to the injury
- Cross the injured joint
- Finish proximal (close to) to the affected area
- Always Wrap Distal (tight) and end Proximal (looser)
- Check Circulation

Four Common Specialty Supplies Utilized in Special Pad Techniques are:

- Foam
- Thermoplastic
- Felt
- Viscoelastic Material

*****ALWAYS REMEMBER TO*****

1. Evaluate first
2. Find a way to help the situation either by taping/wrapping/bracing. Find a quick fix.
3. Rehabilitation exercises will be needed because Taping/Wrapping is not a permanent solution