

# Application: Elbow Taping Procedure

## Reason for Application:

This strapping technique is typically used for a hyperextension injury to the human elbow.

## Required Materials:

- Foam Underwrap (#50-27530)
- Jaylastic® 2" x 7 ½ yards lightweight stretch tape (#4500-2075)
- Tape Adherent spray
- Jaybird One® White Tape 1½" width (#EX1-1515W)

## Procedure:



**Material Layout**

### Step 1:

The arm should be clean and dry. Apply the tape adherent first and then a thin layer of Foam Underwrap from mid upper arm to mid forearm. Position athlete in front of you with the dorsum of the hand against your torso. Flex the elbow of the subject to the desired position which is most comfortable to tape.





**Step 2:**

Apply the first strip of stretch tape directly to the skin of the upper arm (slightly above the foam Underwrap).

**Step 3:**  
Overlap each strip of stretch tape half (½) the width of the previous strip or wrap. Work towards the Cubital Fossa. At the Cubital Fossa, cross over the joint to the forearm.



**Step 4:**

Circle the forearm once and cross the joint back to the upper arm in a figure eight pattern.

**Step 5:**

Circle the upper arm and cross over the joint back to the forearm keeping enough taping tension on the subject while preventing circulation problems.



**Step 6:**

Continue down the forearm towards the hand. Overlap each strip of stretch tape half ( $\frac{1}{2}$ ) the width of the previous strip.



**Step 7:**

Anchor directly to the skin. Secure end with a loosely applied strip of  $1\frac{1}{2}$ " width White tape. I used EX1-1515W Jaybird® One.

**Finished Taping Procedure Photos:**



## **Options to Procedure:**

- 1) Use 3" width #4500 Jaylastic® with larger athletes.
- 2) Use 2" or 3" width #5000 or #5500 Jaylastic® Plus II Heavy weight stretch tape for added protection.
- 3) Anchor above and below the joint with Jaylastic Plus II (#5000 or #5500). Apply a butterfly or check reign strap and then enclose with this strapping technique.

## **Comments:**

This is a basic strapping technique and many different variations can be used with it. This strapping technique can be used with a wide range of athletes, including: football, rugby, rodeo, hockey, wrestling, etc.

## **Cautions:**

Consistent and moderate tension should be used when applying strapping. Circulation should be checked and strapping should be re-applied if circulation is compromised.

If pain increases or continues, stop usage and consult a Certified Athletic Trainer, physician or qualified medical professional.



This taping technique has been constructed courtesy of Ed Perkins, ATC (Certified Athletic Trainer).

Ed Perkins, ATC

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