

Application: Knee Taping Procedure

Reason for Application:

To Provide support for the medial collateral ligament.

Required Materials:

- White Athletic Tape 1½" x 15 yards (#EX25 Pro-White was used in this application)
- Foam Underwrap 2¾" x 30 yards (#50-27530 used)
- Lightweight stretch tape (#4500-3075 Jaylastic® 3" x 7½ yards used)
- Heavyweight stretch tape (#5000-3050T Jaylastic® Plus II 3" x 5 yards used)
- Tape adherent (spray adhesive)
- Heel lift
- Scissors

Procedure:



Material Layout



Step 1:

To prepare the taping area: ideally shave the leg from the mid-calf to mid-thigh, which is approximately 6 inches above, and below the knee (joint line).

Have the athlete stand with knee in slight flexion (15-20° degrees) and his/her heel resting on a heel lift. Apply tape adherent and foam underwrap from mid-calf to mid-thigh.

Step 3:
Apply three (3) "C" anchor strips across anterior thigh and shin, which is approximately six (6) inches above, and below the knee (joint line). Overlapping each 1/2 to 1/3 of the previous anchor.



Step 4:
Apply three (3) "C" style anchor strips across posterior thigh and shin. Overlapping each 1/2 to a 1/3 of the previous anchor.

Step 5:
Begin the "X" pattern for medial collateral ligament support with application of first medial support. Using the 1½ inch width white adhesive tape, pull from the anterior aspect of the thigh anchor to the posterior of the calf anchor. Cross the knee at the medial joint line, over the medial collateral ligament.



Step 6:

Finish first "X" for medial collateral ligament support with the application of second medial support. Using the 1½ inch white adhesive tape, pull from the posterior aspect of the thigh anchor to the anterior of the calf anchor. Cross the knee at the medial joint line, over the medial collateral ligament.



Step 7:

Continue the "X" pattern of medial collateral support by repeating steps five (5) and six (6) twice. Repeat step five (5) support proceeding posteriorly and overlapping 1/2 inch to 1/3 inch, then step six (6) by moving anteriorly.

Complete "X" pattern of medial collateral ligament support by repeating steps five (5) and six (6) for a third time. Be sure the "X" crosses the knee at the medial joint line.

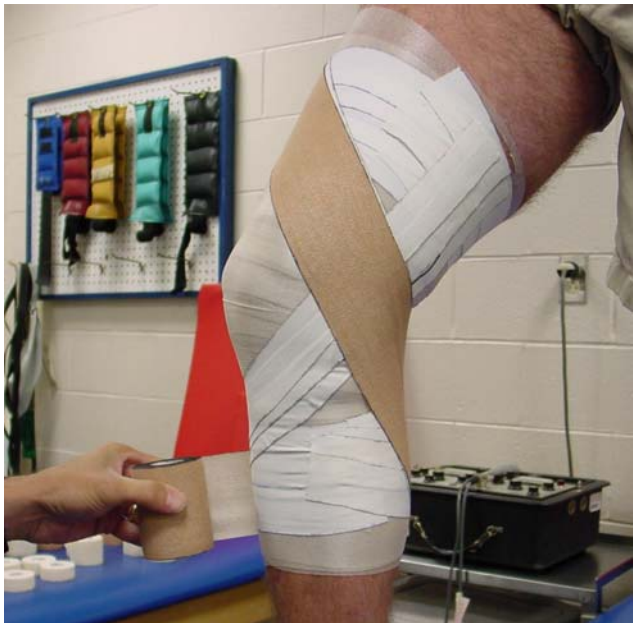




Step 8:

Using #5000 or #5500 Jaylastic® Plus II 3" width heavyweight tape apply first spiral strip.

Beginning on anterior aspect of thigh anchor, move downward and medially, covering adhesive strips applied during step five (5) and repeated in step seven (7). Spiral posteriorly and complete this strip on the anterior aspect of the shin/calf anchor.



Step 9:
Using #5000 or #5500 Jaylastic® Plus II 3 inch width apply second spiral strip. Beginning on posterior aspect of thigh anchor, move downward and laterally, covering adhesive strips applied during step 6 and repeated in step 7. Spiral anteriorly and complete this strip on the posterior aspect of the shin/calf anchor.





Step 10:

Strapping is completed by closing the thigh and shin/calf anchors with #4500-3075 Jaylastic® 3 inch width lightweight stretch tape.

Finished Application:



Options to Procedure:

If lateral collateral ligament support is necessary the same procedure is applied to the lateral aspect of the knee.

If more support/protection is required, a lateral knee guard may be added to increase protection. This may also be covered with #4500-3075 Jaylastic®, knee sleeve or compressionette.

Comments:

If athlete complains of calf cramping, anchors or closure may have been applied too tightly.

Cautions:

The athlete must be cleared for return to participation before application of strapping. This is to include full pain-free range of motion and 90% strength of the uninvolved limb. If athlete continues to complain of pain and instability with the application of this strapping refer for reevaluation. This athlete may require medical follow-up or bracing for more stability and protection.

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



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

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