

Application: Basic Thumb Taping Procedure

Reason for Application: This pattern can be used for either preventative or post-injury management of basic to moderate thumb injuries. This works especially well in circumstances where the athlete needs complete usage of the thumb.

Required Materials*:

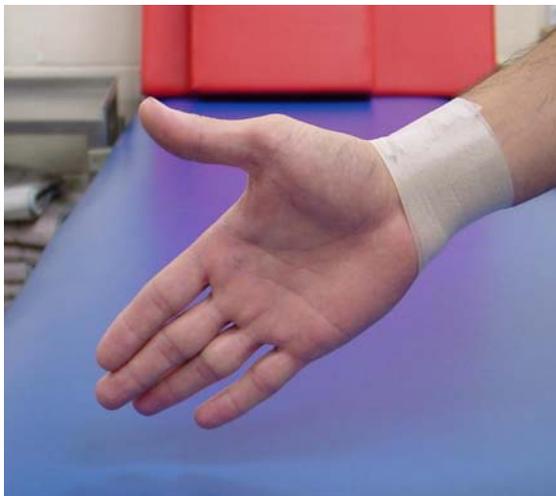
- Foam Underwrap 2 $\frac{3}{4}$ " x 30 yards (#50-27530 used in this application)
- White Athletic Tape (non-stretch) 1 $\frac{1}{2}$ " x 15 yards (EX25 Pro-White used in this application)
- #4500 Jaylastic® 1" x 7 $\frac{1}{2}$ " yards – lightweight stretch tape (hand tearable)
- Tape Adherent (adhesive spray)



* These materials used in this pattern are for preventative or mild thumb injuries involving the 1st metacarpal phalangeal joint. For more serious injuries or support, a "heavier" tape may be used such as #5000 or #5500 Jaylastic® Plus II heavy weight stretch tape in conjunction with non-stretch white athletic tape.

Step 1:

Position the hand and thumb in a position that allows the athlete to be most functional.



Step 2:

Spray tape adherent to wrist area then apply 2 to 3 wraps of Foam Underwrap around the wrist so that the tape will have a firm base to anchor to.

Step 3:
Apply 2 to 3 wraps of 1½" width tape for the base.



Step 4:
Using 1" width elastic tape, start over the 1½" width anchors and wrap towards the base of the hand.

Step 5:
Begin to pull the tape up along the thenar eminence (inside base area) of the thumb.



Step 6:
Pull the tape up along the thumb through the first web space.

Step 7:
Bring the tape back around the wrist to the original starting point. Follow the same pattern 3 to 4 times, over lapping slightly each time.



Step 8:
Finish the tape on the wrist.

Step 9:
Apply 1 to 2 wraps of 1½" width tape to prevent the tape from unwrapping over time.



Finished Pattern

Options to Procedure:

Different tapes and materials can be used depending on how much support is needed. Typically this pattern is beneficial in preventing mild thumb injuries and adding support to athletes with acute mild thumb injuries.

Comments:

This pattern will help provide support to the 1st Metacarpal Phalangeal Joint (1st Knuckle Joint). The pattern can be adjusted if other areas of support are needed.

Cautions:

When using this pattern it is important to gauge the amount of tension used when wrapping the tape continuously. This pattern should not cause decreased circulation or “tingling” into the hand/ and/or fingers.

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



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

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Notes:

