Application: Basic Adhesive Tape Tearing Method

Reason for Application:
- To tear tape effectively and efficiently.

Required Materials:
- Any hand tearable taping product. For this lesson we used EX1-1515W Jaybird® One 1½" x 15 yards
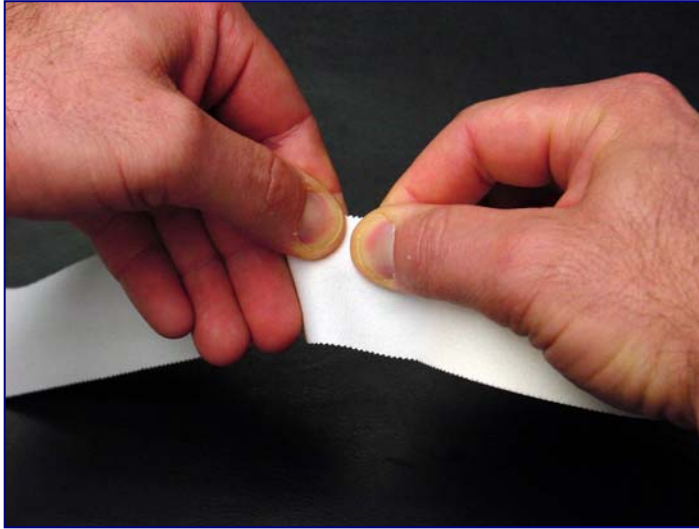
Displayed Materials:

Method:

Do not grip the roll too tight in your right hand as you do not want to compress the tape.

Step 1:
Grip the roll

Step 2:

Place your right thumb close to the edge with your index finger on the adhesive side directly under your thumb (on the face of the tape).
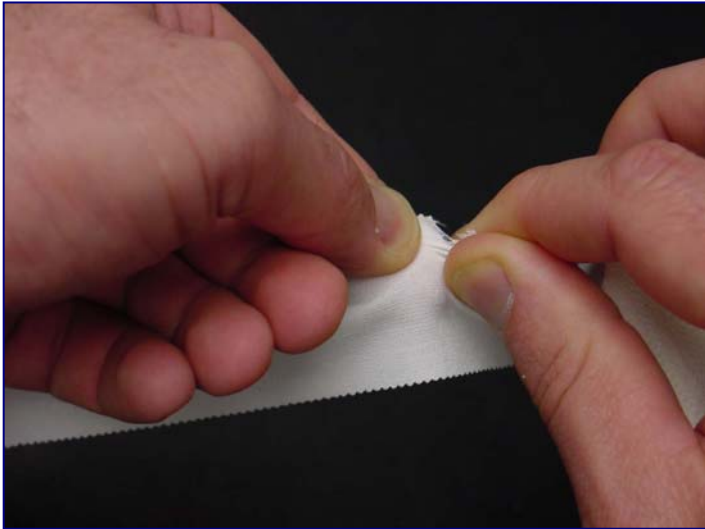

Place your left thumb close to your right thumb and slightly overlapping the tape edge with your index finger directly under your thumb. Your left index finger should be touching your right index finger.

You want to have firm pressure between your index finger and thumb on each hand.

Close Up Photo - Step 2
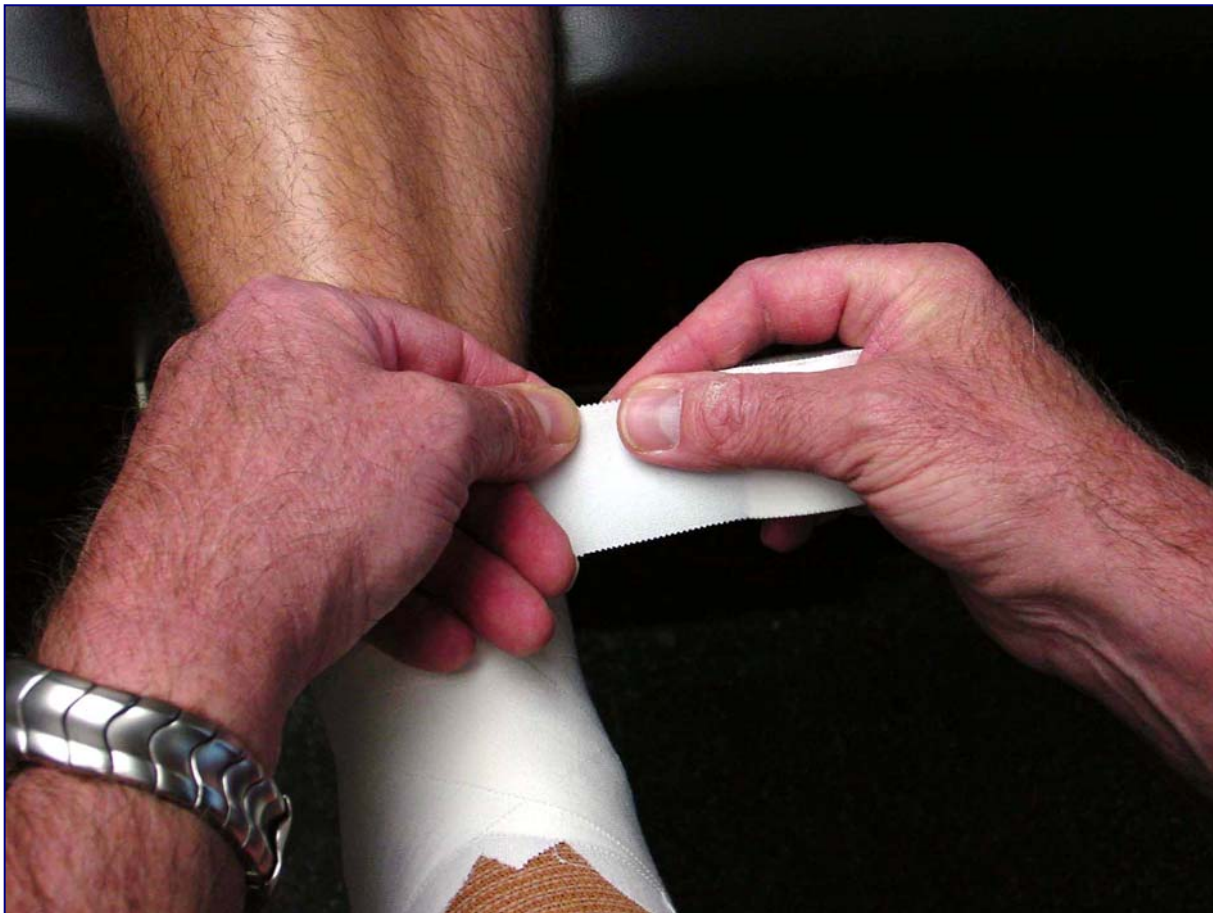
Step 3:
Hold your left hand stationary while you are pulling and pronating with your right hand toward your left shoulder. This will start the tearing process.

Close Up Photo - Step 3

Step 4:
Continue tearing across the tape. A continuous and smooth motion is ideal. Do not stop this tearing motion until the product is now in two (2) parts.

To master this technique it takes practice so be patient.

Close Up Photo - Step 4

Step 5:
You have completed the tear. "Wipe down" the end of the tape to the subject and continue your taping application.

Close Up Photo - Step 5

Comments: Practice, practice! And tearing tape will come natural to you.

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.

Consult a Certified Athletic Trainer, physician or qualified medical professional for further information.

This taping technique has been constructed courtesy of
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