

Application: Finger Taping Procedure

Reason for Application: This taping technique is typically used for a sprain of the proximal Interphalangeal (PIP) joint of fingers 2 thru 5 (index thru pinky). It is often referred to as “buddy taping.”

Required Materials:

- ▶ ½” x 10 yards (13mm x 9.1m) White Cloth Tape (#4025-0510 Med-Pak)



Displayed Materials

Procedure:

Step 1:

Identify the injured finger. The finger should be clean and dry.
Tape adherent is optional because the athlete may not wish to have adhesive residue on his/her hand.





Step 2:
The injured finger will be supported by and taped to the larger neighboring finger (i.e. buddy).

Step 3:
Apply one to strips of tape above the PIP joints.



Step 4:
Apply one (1) to two (2) strips below the PIP joints.

Finished Taping Procedure Photos



Options to Procedure:

For added comfort, a thin (1/8") piece of foam can be placed between the two fingers.

Comments:

This taping technique is typically used with basketball players, however it can be used with virtually any type of athlete.

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 use 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

05/22/04

Jaybird & Mais, Inc.

© 2004 Jaybird & Mais, Inc. • 360 Merrimack Street • Lawrence, MA 01843-1740 USA
Tel (978) 686-8659 • Fax (978) 686-1141 • email: sales@jaybird.com • jaybird.com