

Taping and Strapping Advice Sheet

Facts:

- Types - sports tape and kinesiology tape
- Taping has been shown to be effective for supporting and protecting joints and soft tissues that have been affected as a result of injury or chronic instability.
- Taping should be used in conjunction with a comprehensive rehabilitation program that is aimed at reducing inflammation and restoring range of motion, strength, and proprioception.

It is important that you inform your physiotherapist of any known allergy to tape.

Intended benefits

- Normalise muscle function
- Improve blood circulation
- Limit abnormal or excessive anatomical movement, while providing support to the joints and or muscle that the injury has compromised.
- Support injuries to the muscles, tendon units, ligaments and capsule of an unstable joint(s) by compressing and limiting movement and therefore allowing the individual to return to normal activity.
- Stimulation of proprioceptors/ mechanoreceptors. According to Robbins et al. (1995) taping partially corrects impaired proprioception.

How will I know if I'm allergic to the tape?

If the skin around the taped area becomes red, itchy, burns or blisters you may be allergic to the tape.

What should I do?

If you develop an allergic skin reaction you should remove the tape immediately. The skin should be washed and patted dry. Do not reapply any tape again and ensure that you inform your physiotherapist. If at any time you feel that the tape is aggravating your injury then you should remove it.

How do I remove the tape?

Do not tear the tape off quickly as this may damage your skin and lead to further irritation or infection. Always remove the tape slowly and carefully easing it away from the skin. The tape may be softened in water beforehand to aid its removal.

How do I know if the tape is too tight?

The tape is too tight if the skin below the tape loses its normal colour. You may also experience pins and needles or numbness. If this occurs remove the tape immediately.

How do I know if the tape has been on too long?

Your physiotherapist should instruct you on a suitable time to leave the tape in place. Remove the tape within the time as directed by your physiotherapist. Prolonged use of tape can cause the skin to become red and sore. If you notice skin reactions at any time whilst the tape is in place remove it straight away. Do not reapply the tape until the skin reaction has resolved.