

Taping Protocols



LEVEL 1 SPORTS TRAINER TAPING

» Principles of taping

- Purpose
- Anatomy and positioning
- Suitable materials
- Preparation
- Pre tape check
- Post taping check
- Removal of tape

» Types of Taping

- Prophylactic
- Pre-injury
- Post injury

» Demonstrate and display competency in taping procedures for:

- Fingers – (buddy taping)
- Thumb
- Ankle – inversion – eversion sprain
- Wrist – including check strap

» Emphasis should be placed on the anatomy being taped and the reason for taping:

- Rehabilitation first.
- For and against arguments for taping specific anatomy.
- Effective taping should be the main aim for all taping sessions.

LEVEL 2 SPORTS TRAINER TAPING

» Principles of taping

- Purpose
- Anatomy and positioning
- Suitable materials
- Preparation



- Pre tape check
- Post taping check
- Removal of tape

- » Demonstrate and display competency in taping procedures for:
 - Knee
 - Shoulder – A/C Joint, rotator cuff injury, shoulder joint stability
 - Check strap taping for elbow, wrist, Achilles tendon
 - Soft tissue taping techniques – eg. Hamstrings, quadriceps
- » Materials to be used per person
 - Rigid – joint stability
 - Stretch
 - Hand tearable
 - Underlay

All sizes – possible guide – 1 roll per person of rigid for ankle/knee/shoulder. Stretch for fingers/anchors for check straps/soft/tissue/general anchor. PN. The presenter should decide materials to be used per person.

Both the above can be combined if conducting a Module. Suitably qualified personnel must be used for this module eg. Physiotherapist or Sports Trainer - Level 2.

The course MUST be registered.