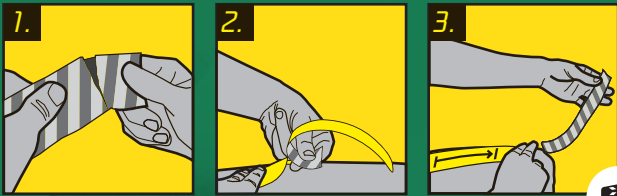


RUGBY TAPING GUIDE

THE 4 MOST COMMON FLEX TAPE APPLICATIONS FOR RUGBY

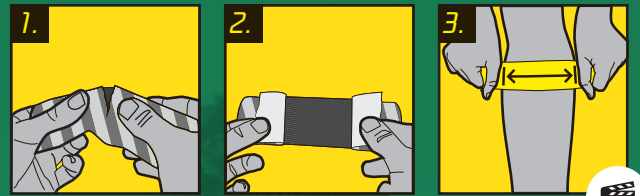
SPORTTAPE 

The Basic FLEX TAPE Techniques



End-To-End Taping Technique

This is the most common application technique. Tear and remove the backing tape 2-3cm from one end and apply the tape to the skin with 0% stretch to create an anchor. Then lay the tape with the desired stretch, finishing with 0% tension at the end.



Centre Taping Technique

This technique is used to apply SPORTTAPE over a point of pain or around a joint. Tear the centre of the backing paper and peel back either side leaving 2-3cm at each end. Apply the exposed tape to the skin with the recommended stretch leaving 0% tension at both ends.

Top Tips



Round the corners of the tape before applying to skin.



Start with clean dry skin, and preferably trimmed or shaved hair.



Never apply to broken or frail skin.



Apply 30 minutes before activity.



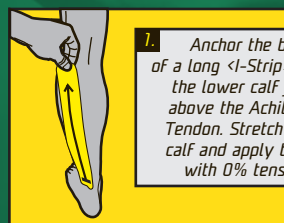
Handle the backing paper, not the glue.



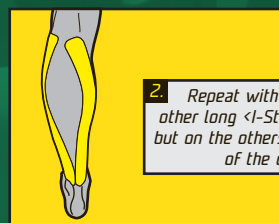
Check out our application videos at www.sporttape.co.uk

Calf Pain

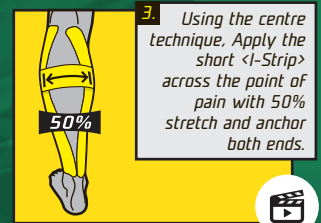
Requires: 2x Long <I-Strip> 1x Short <I-Strip>
Position: Standing and Calf Stretched



1. Anchor the base of a long <I-Strip> to the lower calf just above the Achilles Tendon. Stretch the calf and apply tape with 0% tension.



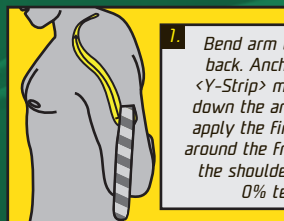
2. Repeat with the other long <I-Strip> but on the other side of the calf.



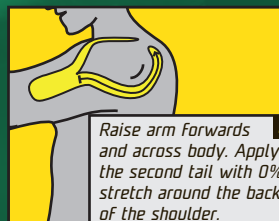
3. Using the centre technique, Apply the short <I-Strip> across the point of pain with 50% stretch and anchor both ends.

AC Joint

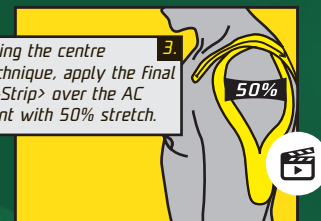
Requires: 1x Long <Y-Strip> 1x Short <I-Strip>
Position: Standing



1. Bend arm behind back. Anchor the <Y-Strip> midway down the arm and apply the first tail around the front of the shoulder with 0% tension.



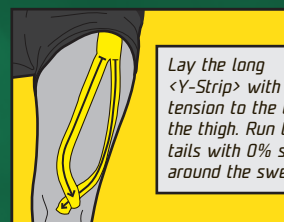
2. Raise arm forwards and across body. Apply the second tail with 0% stretch around the back of the shoulder.



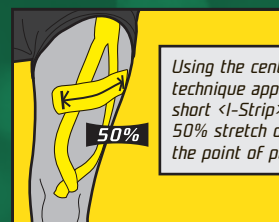
3. Using the centre technique, apply the final <I-Strip> over the AC joint with 50% stretch.

Dead Leg

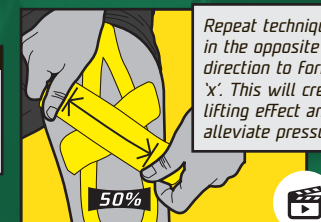
Requires: 1x Long <Y-Strip> 2x Short <I-Strip>
Position: Seated or Standing



1. Lay the long <Y-Strip> with 0% tension to the top of the thigh. Run the tails with 0% stretch around the swelling.



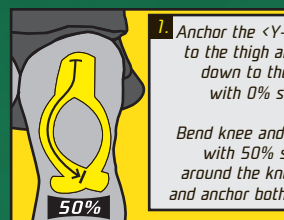
2. Using the centre technique apply a short <I-Strip> with 50% stretch over the point of pain.



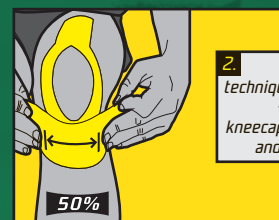
3. Repeat technique in the opposite direction to form an 'X'. This will create a lifting effect and alleviate pressure.

Knee Pain

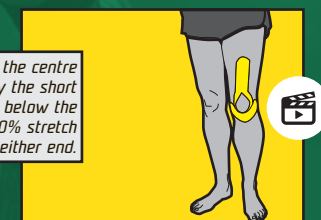
Requires: 1x Long <Y-Strip> 1x Short <I-Strip>
Position: Seated and Knee Bent



1. Anchor the <Y-Strip> to the thigh and run down to the knee with 0% stretch. Bend knee and apply with 50% stretch around the knee cap and anchor both ends.



2. Using the centre technique, Apply the short <I-Strip> below the kneecap with 50% stretch and anchor either end.



FOR MORE TAPING GUIDES VISIT WWW.SPORTTAPE.CO.UK



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DISCLAIMER

The instructions we provide here are on our website are for illustrative purposes only. They are not meant to replace professional medical advice. If you are suffering from a medical problem you should immediately contact your physician. Muscular and skeletal problems are often indicative of serious health issues and you should seek treatment from your doctor or therapist. Cancer patients should not use SPORTTAPE and do not use on the abdomen if pregnant. Warranties and remedies are limited to replacement cost.