



**Rehab
Education**

Professional Development for Healthcare Practitioners

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KINESIOTAPING® LAB ASSIGNMENT #2:

Choose one of these applications. Videotape yourself applying the taping application on another person and email a link to the taping application to the instructor (alison.taylorcht@gmail.com). In the email, identify the taping application, and the problem you would use it to treat. For privacy concerns, please focus on the body part being taped, and do not show faces in your video.

TAPING FOR MUSCLE: Carpal Tunnel and Distal Radius Fracture

- Length: approximately 8-9 squares
- Use an I-strip with button-hole, to anchor the tape on the top side of the hand 0% tension
- Turn the hand over and place on a stretched position
- Lay the tape down with 0% tension to the wrist then start the tension
- Apply remaining tape strip with 25% tension up the arm on a stretch to the medial elbow – or just to the end of the scar
- Can apply final piece to “lift” 20-35% tension at the carpal canal
- Rub to activate and reassess

TAPING FOR MUSCLE: DeQuervains, Tennis Elbow, Wrist Pain

- Length: approximately 7-8 squares
- Can use a Y-strip or an I-strip
- Diagnosis- **Tennis elbow, Wrist Tendonitis, DQ**
- Determine which muscles to tape from the manual direction test- muscle
- For DQ: Anchor at IP of the dorsal thumb. Place the wrist on stretch into flexion and ulnar deviation/pronation and apply one side of the tape with 25% tension to the upper forearm
- Repeat with wrist extension and deviation- apply second piece and rub to activate
- For Tennis elbow: Anchor on insertions of wrist extensors – 2nd and 3rd metacarpals. Place tissue on a stretch and apply the tape at 25% to the origin at the lateral epicondyle
- If brachioradialis: Start at distal radius and end above the elbow, with a similar application
- Can use a “space correction” with 35% tension to any additional site to create lift and movement (DQ, RH, Lateral epicondyle)

TAPING FOR MUSCLE: Radial Sided Wrist Pain