

**Convenient**

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**All-in-One  
Taping Kit!**

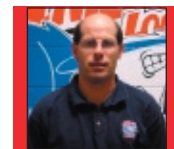
# ***Knee Taping Kit***

- Featuring Jaybird & Mais tapes & underwrap.
- Detailed taping procedure including photos on reverse.
- Taping procedure put together by a certified athletic trainer.



## **Kit Contains:**

- 1 Trainer's Cloth Non-Stretch Tape 1 1/2"x15yds.
- 1 Foam Underwrap 2.75"x30yds.
- 1 Lightweight Elastic Stretch Tape 3"x7.5yds.
- 1 Heavyweight Cotton Stretch Tape 3"x5yds.
- 1 Lister Scissors 5.5"
- 8 Skin-Prep Pre-Taping Adherent Wipes



Jaybird & Mais, Inc.

This taping technique has been constructed courtesy of Artie Poitras, ATC Head Athletic Trainer, University of Massachusetts in conjunction with Jaybird & Mais, Inc.

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# Knee Taping Procedure:

Use these step by step instructions to provide support to a weak or injured knee.



## Step 1:

Prepare the taping area: Shave the leg from the mid-calf to the mid thigh. Have the athlete stand with knee in slight flexion (15-20°) and his/her heel resting on a heel lift. Apply Skin-Prep pre-taping spray and foam underwrap from mid-calf to mid thigh.



## Step 2:

Apply 3 "C" anchor strips across anterior thigh and shin, which is approximately 6" above and below the knee (joint line). Overlapping each 1/2 to 1/3 of the previous anchor.



## Step 3:

Apply 3 "C" style anchor strips across posterior thigh and shin. Overlapping each 1/2 to a 1/3 of the previous anchor.



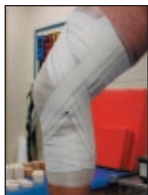
## Step 4:

Begin the "X" pattern for medial collateral ligament support with application of first medial support. Using the 1 1/2" Cloth Trainer's Tape, pull from the anterior aspect of the thigh anchor to the posterior of the calf anchor. Cross the knee at the medial joint line, over the medial collateral ligament.



## Step 5:

Finish first "X" for medial collateral ligament support with the application of second medial support. Using the 1 1/2" Cloth Trainer's Tape, pull from the posterior aspect of the thigh anchor to the anterior of the calf anchor. Cross the knee at the medial joint line, over the medial collateral ligament.



## Step 6:

Continue the "X" pattern of medial collateral support by repeating steps 4 & 5 twice. Repeat step 4 support proceeding posteriorly and overlapping 1/2" to 1/3", then step 5 by moving anteriorly. Complete "X" pattern of medial collateral ligament support by repeating steps 4 and 5 for a third time. Be sure the "X" crosses the knee at the medial joint line.



## Step 7:

Using 3" Cotton Stretch Tape apply first spiral strip. Beginning on anterior aspect of thigh anchor, move downward and medially, covering adhesive strips applied during step 4 and repeated in step 5. Spiral posteriorly and complete this strip on the anterior aspect of the shin/calf anchor.



## Step 8:

Using 3" Cotton Stretch Tape apply second spiral strip. Beginning on posterior aspect of thigh anchor, move downward and laterally, covering adhesive strips applied during step 4 and repeated in step 5. Spiral anteriorly and complete this strip on the posterior aspect of the shin/calf anchor.



## Step 9:

Strapping is completed by closing the thigh and shin/calf anchors with 3" Elastic Stretch Tape.

### Options to Procedure:

If lateral collateral ligament support is necessary the same procedure is applied to the lateral aspect of the knee. If more support/protection is required, a lateral knee guard may be added to increase protection.

### Comments:

If athlete complains of calf cramping, anchors or closure may have been applied too tightly.

### Cautions:

The athlete must be cleared for return to participation before application of strapping. This is to include full pain-free range of motion and 90% strength of the uninjured limb. If athlete continues to complain of pain and instability with the application of this strapping refer for reevaluation. This athlete may require medical follow-up or bracing for more stability and protection. If pain continues or increases, stop use and consult a certified athletic trainer, physician or qualified medical professional, athletic trainer, physician or qualified medical professional.

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