

EPRA SPORTS Taping Principles and Basic Skills

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■ Taping Principles

1. Function

- Longitudinal taping: For ROM limitation
- Transversal taping: For compression

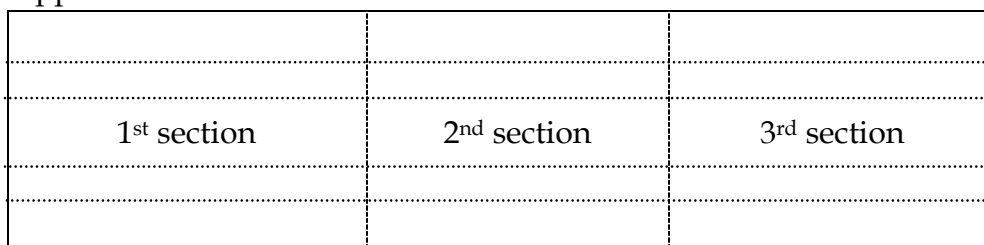
2. Classification

- Longitudinal I Taping
- Transversal I Taping
- Cross Taping

■ Basic Skills

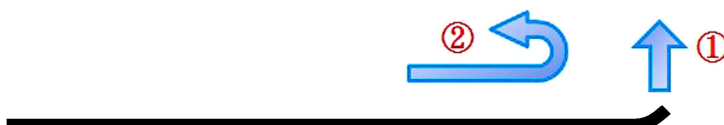
1. 3 Section Applying

- 1st section: Attached the 1st section of the tape to the skin firmly. No stretch force applied.
- 2nd section: For limitation. Pull the 1st section of the tape to the opposite side of the skin where the 3rd section of the tape will attach to with appropriate stretch force applied.
- 3rd section: Attached the 3rd section of the tape to the skin firmly. No stretch force applied.



2. Wet Opposite Peeling

- Wet the tape.
- Remove the tape from the glue free gaps of one end and peel it to the opposite end of the tape.



- Clean the glue residues by soap and a wet towel (There may be some glue residues at the edge of glue areas due to the safety design of glue strength limitation).