

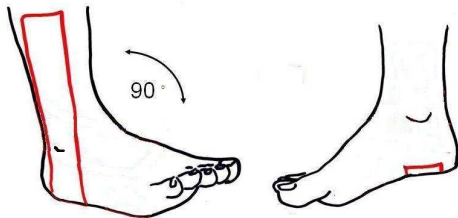
## EPRA SPORTS Taping Specific Methods

by Feng Kao MD & John Lin MD

### ■ Specific Methods

#### 1. Lateral Ankle Taping:

##### a. Figure



##### b. Purpose

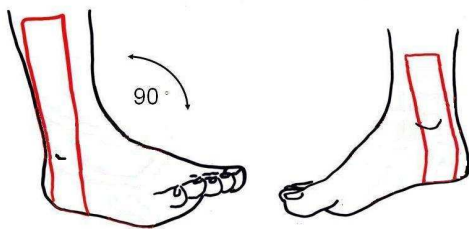
- 1) Provide lateral ankle support and protection.

##### c. Procedure

- 1) Attach the 1<sup>st</sup> section of the longitudinal tape from the medial edge of heel under medial malleolus to lateral edge of heel under lateral malleolus.
- 2) Pull the 2<sup>nd</sup> section of the longitudinal tape from lateral edge of heel to lateral malleolus.
- 3) Attach the 3<sup>rd</sup> section of the longitudinal tape from lateral malleolus upwards to the point of distal 1/4 - 1/3 of lateral lower leg.

#### 2. Medial & Lateral Ankle Taping:

##### a. Figure



##### b. Purpose

- 1) Provide lateral ankle support and protection.

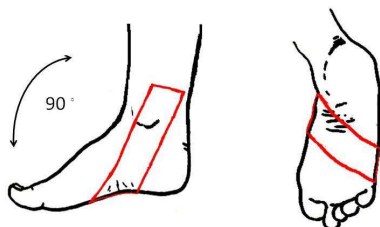
##### c. Procedure

- 1) Attach the 1<sup>st</sup> section of the tape from the point of distal 1/4 - 1/3 of medial lower leg to medial malleolus.
- 2) Pull the 2<sup>nd</sup> section of the tape from medial malleolus to lateral malleolus.
- 3) Attach the 3<sup>rd</sup> section of the tape from lateral malleolus upwards to the point

of distal 1/4 - 1/3 of lateral lower leg.

### 3. Kao & Lin Longitudinal Arch Support Taping

#### a. Figure



#### b. Purpose

Provide extra support of medial longitudinal foot arch.

#### c. Procedure

- 1) Attach the 1<sup>st</sup> section of the tape from the middle dorsal foot to the lateral edge of foot.
- 2) Pull the 2<sup>nd</sup> section of the tape from the lateral edge of foot to the medial edge of foot arch.
- 3) Attach the 3<sup>rd</sup> section of the tape from the medial edge of foot arch through medial malleolus to distal 1/4 - 1/3 of medial lower leg.

### 4. Kao & Lin Transverse Arch Support Taping

#### a. Figure



#### b. Purpose

Provide extra support of medial transverse foot arch.

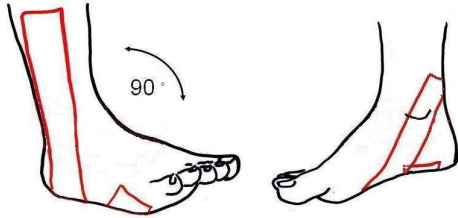
#### c. Procedure

- 1) Attach the 1<sup>st</sup> section of the tape from the middle dorsal foot to the lateral edge of foot.
- 2) Pull the 2<sup>nd</sup> section of the tape from the lateral edge of foot to the medial edge of foot arch.
- 3) Attach the 3<sup>rd</sup> section of the tape from the medial edge of foot arch to dorsal

foot proximal to the 1<sup>st</sup> section of the tape.

## 5. Kao & Lin Ankle Taping (1) - Lateral Ankle Taping + Kao & Lin Longitudinal Arch Support Taping

### a. Figure



### b. Purpose

- 1) Provide lateral ankle support and protection.
- 2) Provide extra support of medial longitudinal foot arch.

### c. Procedure

#### 1) Lateral Ankle Taping

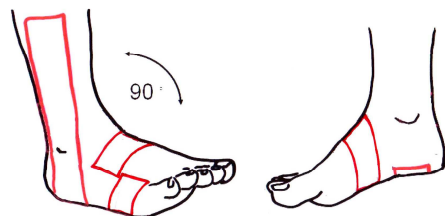
- a) Attach the 1<sup>st</sup> section of the longitudinal tape from the medial edge of heel under medial malleolus to lateral edge of heel under lateral malleolus.
- b) Pull the 2<sup>nd</sup> section of the longitudinal tape from lateral edge of heel to lateral malleolus.
- c) Attach the 3<sup>rd</sup> section of the longitudinal tape from lateral malleolus upwards to the point of distal 1/3 - 1/2 of lateral lower leg.

#### 2) Kao & Lin Longitudinal Arch Support Taping

Applied after longitudinal taping is done.

## 6. Kao & Lin Ankle Taping (2) - Lateral Ankle Taping + Kao & Lin Transverse Arch Support Taping

### a. Figure



### b. Purpose

- 1) Provide lateral ankle support and protection.

2) Provide extra support of medial transverse foot arch.

**c. Procedure**

**3) Lateral Ankle Taping**

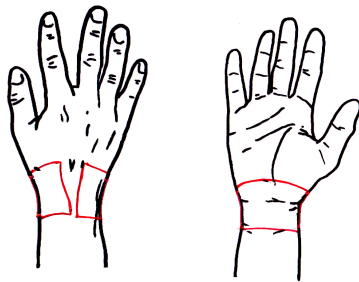
- a) Attach the 1<sup>st</sup> section of the longitudinal tape from the medial edge of heel under medial malleolus to lateral edge of heel under lateral malleolus.
- b) Pull the 2<sup>nd</sup> section of the longitudinal tape from lateral edge of heel to lateral malleolus.
- c) Attach the 3<sup>rd</sup> section of the longitudinal tape from lateral malleolus upwards to the point of distal 1/3 – 1/2 of lateral lower leg.

**4) Kao & Lin Transverse Arch Support Taping**

Applied after longitudinal taping is done.

**7. Kao & Lin Wrist Taping**

**a. Figure**



**b. Purpose**

Provide extra support of wrist with minimum ROM limitation.

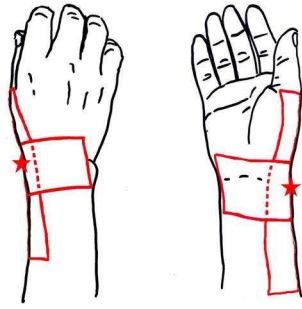
**c. Procedure**

- 1) Attach the 1<sup>st</sup> section of the transversal tape from the middle of the dorsal wrist, in 15 degree proximal to the transverse line, to the radial edge of wrist.
- 2) Pull 2<sup>nd</sup> section of the transversal tape from the radial edge of the volar wrist to the ulnar edge of wrist.
- 3) Attach the 3<sup>rd</sup> section of the transversal tape from the ulnar edge of wrist to the middle of the dorsal wrist, in 15 degree proximal to the transverse line, with the proximal angle overlaps the 1<sup>st</sup> section.

**d. Alternatives**

A longitudinal taping or longitudinal tapings can be applied before Kao & Lin Wrist I Taping to get the specific directional ROM limitations.

**1) DeQuervain's Disease**



**2) Dorsal Wrist Tendonitis**



**3) Ulnar Wrist Tendonitis**

