



Strapping Tutorial

The Elbow d³ k6.0 tape Video #11

EQUIPMENT:

1 roll 38mm d3 Kinesiology Tape
d3 tape scissors
*d3 adhesive spray optional.



TOP TIPS

d3 k-tape is latex-free and hypoallergenic, meaning adverse skin reactions are very rare and tape can be worn for days on end to support rehabilitation between physio sessions.

Avoid taping onto wet, hairy or heavily moisturised skin, as this can affect adhesive qualities.

Cut tape with sharp scissors, or d3 tape cutting scissors, to avoid fraying.

Round off the edges of the tape ends with scissors to help prevent tape from being peeled off the skin through abrasion.

d3 k-tape sticks best when applied directly onto the skin, rather than onto tape.

K-tape tape is stretchy and designed to move and react like a second layer of skin. Try to handle and place the tape carefully and avoid touching the adhesive side of the tape wherever possible.

The anchor strips, at each end of the tape, should always be applied under no stretch for better adhesion and results.

The backing tape paper can be ripped/split, but not immediately removed (until needed to) to help handle the tape and avoid touching the adhesive side.

PREPARATION

K-Tape Strips: Cut 1 strips of d3 Kinesiology tape for the length of the wrist to elbow: 1 x 20-25 cm or as required.

(If using d3 adhesive spray, spray the area to be taped lightly and allow the area to get tacky by leaving it for 30-seconds to air dry.)

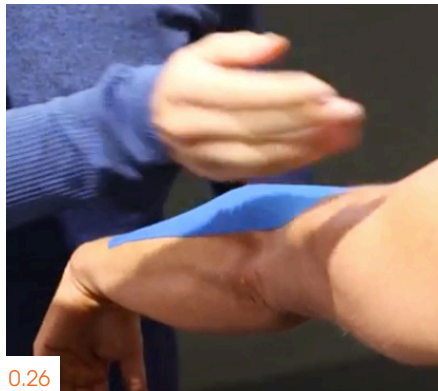
K-STRIPS #1 (BLUE IN VIDEO)

01. Place the athlete's arm into an outstretched forward position, with the wrist/hand angled down (flexion). **0.13**



02. Rip and remove 5cm of the lowest part of the backing tape to help place the initial anchor point at the wrist (on top of the carpal bones where the wrist extensor muscles/tendons join onto the carpal bones) under no stretch tension. **0.21**

03. Holding the anchor in place stretch the tape to 70-90% and place along the forearm (directly over the extensors where weakness/pain is being experienced) and over the outside of the elbow. **0.26**



04. Place the top anchor (the last 5cm of tape) under no stretch making sure it is anchored above the elbow joint. **0.28**

05. Rub the tape with the backing paper all over to help maximise adhesion and activate the glue.