



Strapping Tutorial

The Thumb / Wrist d³ eab d³ cohesive tape Video #6 & 7

strapping to support the thumb -
EAB (white) tape / video 6

EQUIPMENT:

1 roll of 25mm d3 EAB
(Elastic Adhesive Bandage)

1 roll 50mm d3 Cohesive Tape



TOP TIPS

Light-rip hand-tearable EAB or cohesive is quick and easy to use.

Although these two (linked) videos use EAB and cohesive tape (respectively), the strapping demonstrated can be done with either tape type, if required, or if only one type of tape is available.

Ensure that, when wrapping the thumb joint, there is adequate tension to support the joint but it is not so tight that movement is disadvantaged and/or circulation cut off. The athlete needs to feel that the tape is supporting the joint and is still comfortable and not bulky. Squeezing the thumb, watching it turn pale, then back to normal skin colour, will ensure blood supply has not been cut off.

Avoid taping over the knuckles as this will restrict key movement.

01. Ensure the thumb is raised away from the hand (extension) as possible (like a handshake grip) to expose the area between the base of the thumb, palm and first finger as much as possible.

Begin by creating one or two anchor wraps around the wrist using light tension **0.07**

02. Using figure-of-eight loops, around the wrist and base of the thumb, with light tension/pressure, provides the thumb with adequate support. **0.14**



0.07



0.14

03. Begin by taping at the base of the thumb then back around the wrist and gradually working up the thumb (overlapping the last wrap completed) a little more on each figure-of-eight wrap. Avoid too much tension and pressure and do not wrap the thumb knuckle.

0.22 / 0.31 / 0.37

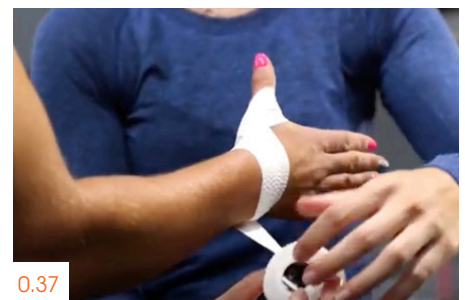


0.22

Do as many wraps and loops as is required but ensure that the tape isn't too bulky or tight.



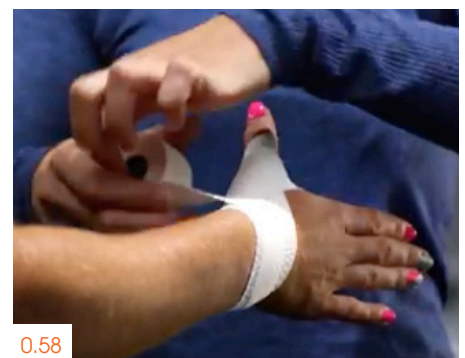
0.31



0.37

04. Finish off with another one or two anchor wraps around the wrist. **0.58**

NB: This taping method can be done with EAB (light-rip or scissor cut varieties) or cohesive bandage, depending on personal preference and/or availability.



0.58

This wrist strapping demo can be done to support the thumb strapping (as shown here) or simply by itself.

01. Create one anchor wrap lightly around the wrist **0.14**



02. Overlapping the anchor wrap by half work your way up the wrist (towards the hand) with one or two more wraps. Once the base of the hand is reached do the same going back towards the wrist. The number of wraps used is a personal preference, but the golden rule is avoid strapping too tight and too bulky. **0.25 / 0.28 / 0.32**



03. Finish by tearing off the tape and pressing it down or tucking it under the anchor tape to stay secure.

NB: This taping method can be done with cohesive bandage or EAB (light-rip or scissor cut varieties) depending on personal preference and/or availability.



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