



Strapping Tutorial

# The Knee d<sup>3</sup> rigid tape Video #5

strapping to support the inside (medial) of the knee medial Collateral Ligament

## EQUIPMENT:

- 1 roll 38mm d3 Rigid Tape
- 1 roll 50mm or 75mm d3 EAB
- 1 roll foam underwrap \*optional.



D3 Tape contains latex-free adhesive and is hypoallergenic.

## TOP TIPS

Rigid strapping is most commonly applied before training, or a match, and is designed to stabilise a joint and support tendons and ligaments attachments. Muscle injuries and support is generally better treated with d3 EAB, K-Tape or Cohesive tape.

Over-taping the joint and/or taping too often can sometimes lead to other injuries, as other joints and muscles can be forced to compensate for the injured area and it's lack of natural movement. Always seek professional medical advice for injuries.

All tapes work best on dry skin surfaces. Avoid moisturising the skin and very hairy skin as this will form a barrier and adversely affect the adhesive qualities of any tape.

d3 Rigid tape sticks better to itself than to skin, so overlapping tape-on-tape, or fixing onto a tape anchor works best.

Rigid tape is non-stretchy. Try to handle and place the tape carefully to avoid creasing the tape wherever possible.

01. This taping example is a very symmetrical type of taping.

02. If the pain is on the outside (Lateral aspect) of the knee the same steps below can all be followed, BUT overlap the 'X' strips of tape on the outside of the knee - over the Lateral Collateral Ligament.

03. Create an anchor tape wrap with no tension 4" (10cm) above the knee. 0.14



0.14

04. Create an anchor tape wrap with no tension 4" (10cm) below the knee. 0.24

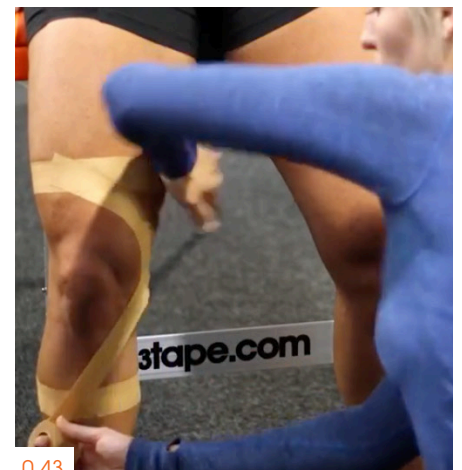


0.24

05. With two strips of rigid tape (cut long enough to reach from top to bottom anchor strips at an angle) 0.24 create an X shape. 0.40 & 0.43



0.40



0.43

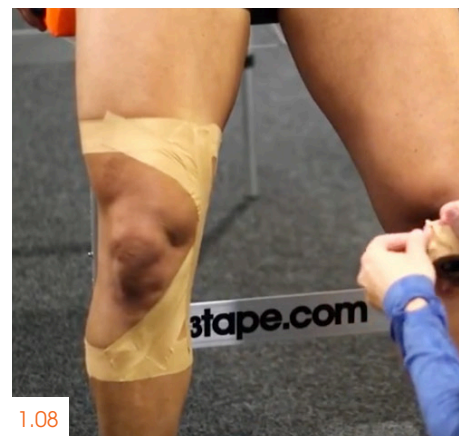
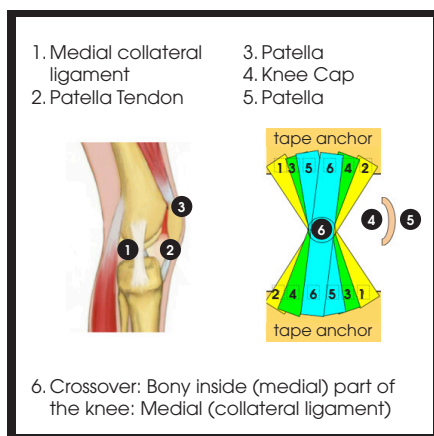


**06.** Anchor points for the initial 2 strips of 'X' tape at the front and back of the knee, and are onto the anchor wrap tapes (applied in steps 1 and 2). They are in line with the middle of the knee cap (12 o'clock for tape strip #1) and below the knee cap (6 o'clock for tape strip #2). The overlapping section of 'X' taping strips #1 and #2 should be directly over the bony inside aspect of the knee (Medial Collateral Ligament). **0.45**



0.45

**07.** Continue creating more 'X' taping strips, inside strips #1 and #2, in a symmetrical manner, until they meet in the middle (12 o'clock and 6 o'clock). Ensure each strip of new 'X' tape applied is slightly overlapping the immediate previous strip placed. The crossover part of the 'X' always being placed directly over the bony medial collateral ligament. **1.08**



1.08

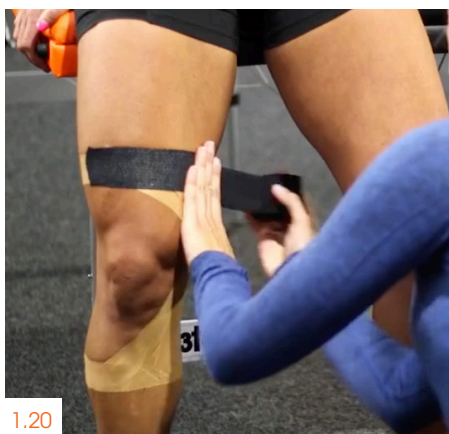
**08.** Using EAB (Elastic Adhesive Bandage), now support the rigid tape by adding another layer of (elastic) tape. 7. Create a top wrap anchor over the original Rigid tape top wrap anchor. **1.20**

**09.** Now follow the line of the very first strip of 'X' tape placed from top to bottom, crossing directly over the bony lateral ligament. **1.28**

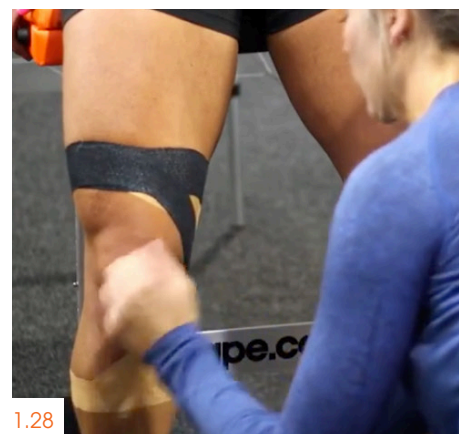
**10.** Follow the lower anchor tape, strapping around the leg once or twice with a small amount of stretch. This is creating a figure-8 of tape shape from top anchor to lower anchor, around the thigh and shin. **1.34**

**11.** Complete the final part of the EAB tape 'X' from lower to upper leg, again, taping over the bony lateral ligament. **1.34**. Then, complete a final wrap once around the top thigh anchor wraps with tittle stretch/pressure. Taping closer to the Patella will support knee cap further.

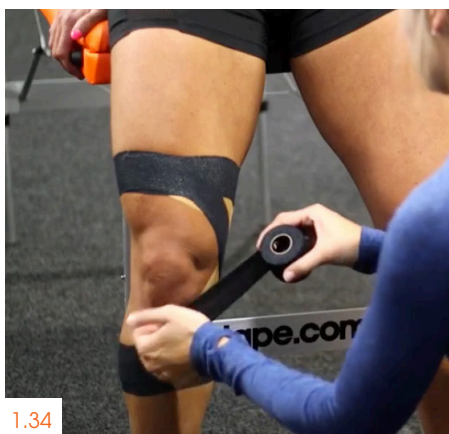
**12.** A final small strip of rigid tape can be applied over the end of the EAB taping, if desired, to add adhesive strength and help the tape from becoming unstuck due to friction or abrasion. **1.51**



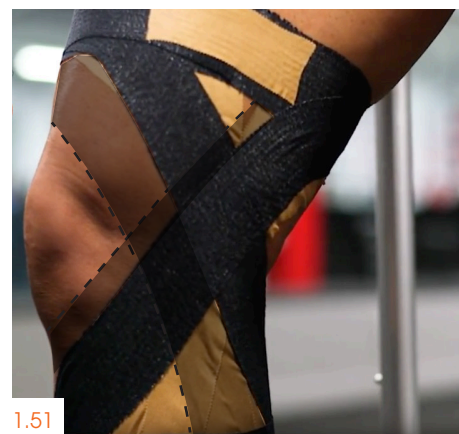
1.20



1.28



1.34



1.51



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