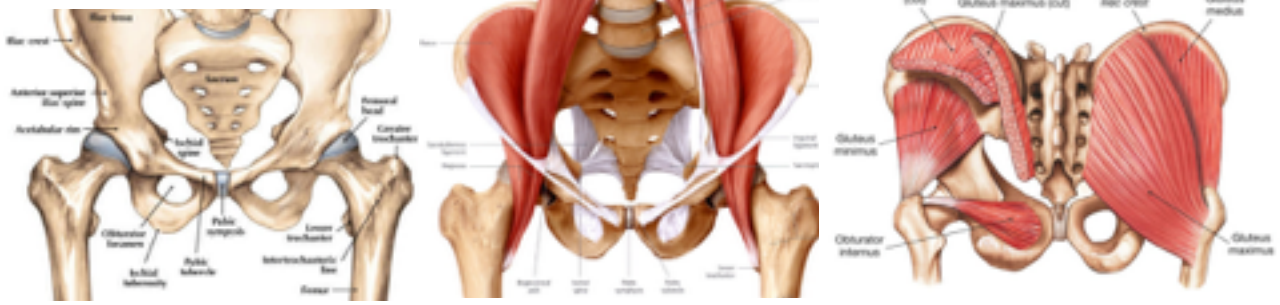
Hip taping - Support

Indications - Hip joint instability
Labral damage
Impingement - FAI
Hypermobility
Hip flexor strain/dysfunction
Inguinal hernia support
Adductor strain/tendinoptahy
Pubic Symphysis overload

Equipment:

1) Bandage Scissors
2) Elastic Adhesive Bandage (EAB) or Cohesive wrap - 7.5cm
3) P-tape 3.8cm
4) Molefoam padding 5mm

Relevant Anatomy:



Joint position:
Think about position of the femur relative to the pelvis for this technique and for skill performance/ function.
What range is the athlete weak/painful in?
What do you want to achieve from the technique?
It can either give dynamic support to hip flexion, hold the femur in a more externally rotated or internally rotated position. In conjunction with padding it can compress a protruding hernia and if used bilaterally it can reduce torsional stress through the pubic symphysis.

Caution - due to the coverage of this technique ideally the athlete would need to remove their underwear temporarily. If you tape their underwear on and they need the toilet then you have a problem!!!! Question the appropriateness of it's usage when applying to the opposite sex.

Technique - Hip Spica (EAB or Cohesive 7.5cm)

- Choose starting position
- Start at the anterior upper thigh cross the adductors high (ask male athletes to lift their own parts out of the way!) come round under the buttock crease and cross your starting point.

- Apply 10% stretch here if you want to encourage internal rotation (adductor strain) otherwise continue to the opposite ASIS round the back over the PSIS and round the hip.
- Apply 10% stretch here if you want to encourage external hip rotation (FAI, GMax/GMed activation, etc). Apply 10% when crossing the adductors if you want to offload the adductor tendons.Continue repeating until tape runs out.
- Repeat with another roll but slightly offset from the previous tape. Finish this one by going across the lower abs - cut the tape. Secure with 2 long strips of P-tape.

Additions

- Molefoam padding can be added for hernia compression
- Strap the opposite hip to provide give support to pubic overload symptoms (similar to coreshorts compression)

