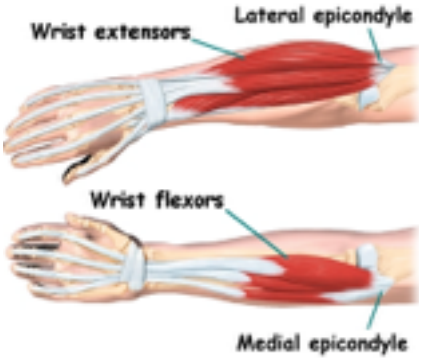
Elbow taping - Support / Pain Relief

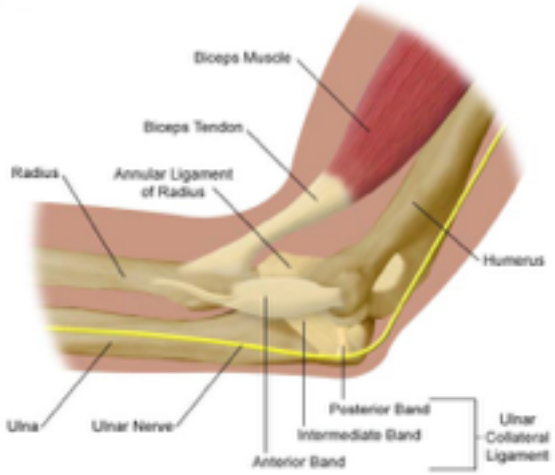
Indications - Elbow instability/subluxation/dislocation/hypermobility
Biceps contusion/partial rupture/strain
Lateral / Medial Epicondylitis

Equipment:

1) Friction dressings/pads
2) Adhesive spray
3) Bandage Scissors
4) Elastic Adhesive Bandage (EAB) - 5cm/7.5cm
5) P-tape 3.8cm
6) Hypafix - 10cm
7) Molefoam padding 5mm
8) Thermoplastic

Relevant Anatomy:







Joint position:
You want to keep the athlete out of their painful zone so strap accordingly. For gross laxity in the elbow joint position in 45-60° flexion. For acute bicep muscle injuries using EAB dynamic technique position in 90° flexion. For epicondylitis put them in there painful position and technique should aim to reduce that pain.

Caution - the elbow crease skin is sensitive and the tendons can be exposed to a lot of friction so use 2 x friction pads/dressings in the elbow crease.

Technique - Elbow Extension Block (P-tape 3.8cm + EAB 5/7.5cm)

- Friction protection x 2 at the elbow crease
- Hypafix 10cm width base layer if required
- Position in 45-60° flexion.
- Anchor (1) - around contracted proximal forearm bulk

- Anchor (2) - around contracted bicep - complete ring
- Interweave diagonally orientated strips from prox to distal crossing over the joint line - 2-3 pairs
- Tear off and place 3 x longitudinal strips overlapping the weave structure
- Complete the rigid structure with 2 spirals - start on the anterior bicep going diagonally down the back of the tricep come back across the front of the joint line around the forearm bulk and finish on anchor (2) - repeat in the opposite direction.
- Reapply anchors 1+2 to finish
- Add padding now if required
- Wrap with EAB 5/7.5cm taking in the olecranon
- Finish with 1 loop of the contracted bicep and P-tape to secure






<u>Technique - Biceps Offload (EAB 5/7.5cm)</u>

- Position in 90° flexion and almost full supination. Keep bicep and forearm contraction throughout.
- Friction protection x 2 at the elbow crease
- Hypafix 10cm width base layer if required
- Add padding/guard now if required.
- EAB 7.5cm start around the contracted proximal forearm then cross the joint line low around the back of the lower triceps and back across the front of the joint line round the forearm then repeat working upwards overlapping the previous wrap by 1/2 - 2/3 - aim for 3 laps.
- Work up the arm taking in the olecranon and finish with a full loop of the upper bicep. Two strips of P-tape to lock off




<u>Technique - Epicondylitis Offload - (P-tape 3.8cm + EAB 5cm)</u>

For epicondylitis put them in there painful position and technique should aim to reduce that pain. Find the athletes painful action. Apply compression, lateral or medial glide to the the forearm muscle bulk 4cm distal to the ETO/FTO and retest their action. If pain is reduced abolished then replicate that technique.

- Adhesive spray if needed
- Apply a Hypafix 5cm base layer

- If compression is needed then cut 2 small thin strips of Molefoam 5mm padding and stick them together. Then stick them over the treatment zone. Apply EAB 5cm over the padding ridge with compression over the padding but not over the rest of the forearm. Retest.
- If a glide is indicated use P-tape 3.8cm. Stick down the first 4cm with no tension, manually apply the glide whilst applying tape tension and lay it down for a 1/4 of the circumference of the forearm. this can become a complete ring to finish.
- To increase durability wrap with EAB 5cm and lock with P-tape 3.8cm