

KINESIOLOGY TAPING FOR SPORT

ARM PUMP

SPORTTAPE 



GETTING STARTED

This is an application that's usually hidden beneath the layers of leather. However, it is THE MOST USED K taping application in bike racing, and we've seen incredible results.

With the high speeds and constant vibration through the forearms, arm pump is a huge issue for many riders, especially in races such as the Isle of Man TT.

This application was years in the making, developed mainly by Isla Scott and her team on the IOM. It's now used by motorsport therapists around the world as a major part of their rider safety plan...and the riders love it.

PATRICK HARDING

Patrick is a Physiotherapist and Performance Coach for Hintsa Performance, working in Formula One and Professional Boxing.



THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS



1

PREPARE

Extend the wrist fully to place the forearm on stretch, then measure and cut a strip from the wrist to the elbow.



Leaving a small tab at one end of the tape, cut your tape down the centre to create a Y strip.



Then cut each of the tails in half again to create a small tab with 4 tails coming off it.

Round the edges of each tail, and the edges of the small tab you left intact. You now have a lymphatic fan.



QUICK TIP:

Folding the tape will help you to cut your tails much quicker.



THE WAVE

STICKING THE TAPE IN A WAVE PATTERN HELPS TO CREATE AREAS OF HIGH AND LOW PRESSURE UNDER THE TAPE

2

WAVE PATTERN

Keeping the wrist in an extended position, stick the small tab to the outside of the arm, just above the elbow.

Peel away the majority of the backing paper from the inside tail, holding a small tab of backing paper so that you don't touch the glue.

Stick the tape down with a light stretch in a wave pattern, aiming directly across the forearm towards the inside.

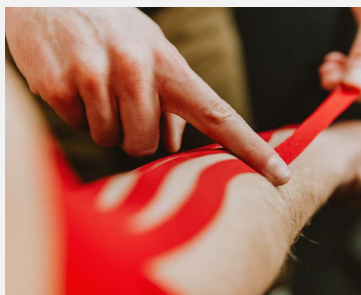
Repeat this for the other 3 tails, following a similar pattern.

The tape should move from the outside to the inside, finishing on the inside wrist.



QUICK TIP:

Removing the backing paper makes it much easier for you to manipulate the tape into a wave pattern.



QUICK TIP:

Be careful not to overstretch the tape as you apply. A light stretch is fine to create sufficient recoil.



THE EXTENSION

THE AREAS OF HIGH AND LOW PRESSURE HELP TO IMPROVE CIRCULATION AND PREVENT CRAMP WHEN RIDING

3

REPEAT

Measure and cut a second Lymphatic fan, following Step 1.

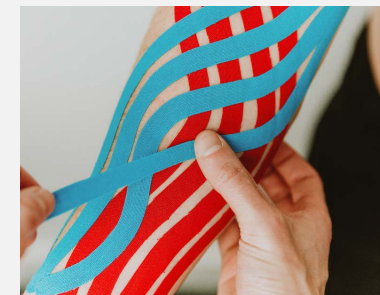
Stick your anchor to the inside elbow, angling the tape to create an X shape with the first strip.

Repeat step 2, sticking the tape down with a light stretch in a wave pattern, finish at the outside wrist.



QUICK TIP:

Coming across the swelling from 2 different angles helps to increase the lymphatic flow over a greater area.



4

COVER

To prevent the tape peeling, cover the ends with another strip across the front of the wrist.



THE FINISH

THIS IS HOW THE PERFECT ARM PUMP APPLICATION SHOULD LOOK



Please let us know how you get on with the application. If you have any questions or suggestions don't hesitate to get in touch.

This application is about rider safety and is on that your riders will come back for time and time again.

We're here to support you and your athletes. It's our passion and we've built SPORTTAPE on providing honest practical advice, and products that work.

For your taping needs visit: www.sporttape.co.uk