

KINESIOLOGY TAPING FOR SPORT

HAMSTRING

SPORTTAPE 



GETTING STARTED

This is a really simple application that can work wonders for Hamstring strain and hamstring tightness. I also use this a lot with athletes to facilitate hamstring activation during rehab.

This application uses 2 different taping techniques, so is a great one if your practicing your taping too.

It's a bit of a tricky one to self apply though, as you'll need to stretch the hamstring before sticking down the tape. For the best results, grab yourself a partner.

ROB MADDEN

Rob is a Physiotherapist and Performance Coach for Hintsa Performance, working in Formula One and Private Practice.



THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS



1

PREPARE

Measure a strip of tape along the length of the hamstring. Round the corners.



2

TAPE THE MUSCLE

Remove a small section of backing paper from one end of the tape and apply the tape with no stretch to the hamstring insertion.



Stretch the hamstring by bending forwards and apply the rest of the tape with no stretch.



If you want to bias a particular muscle, aim the tape directly down that muscle belly.

THE SUPPORT

THE RECOIL OF THE TAPE HELPS TO LIFT THE SKIN. REDUCING PRESSURE ON PAIN RECEPTORS.

3

POINT OF PAIN

If you have a particular point of pain, measure another strip across the hamstring and round the corners.

Rip the backing paper into 3 sections and remove the middle piece of backing paper.

Return to a standing position to remove the stretch on the hamstring.

Stick the tape down with a moderate stretch directly across the specific point of pain.

Lay the remaining tabs of the tape down with no stretch.



QUICK TIP:

Fold the tape in half to round both corners at the same time.



QUICK TIP:

Don't overstretch the tape. 50-75% of it's maximum is plenty.



THE FINISH

THIS IS HOW THE PERFECT HAMSTRING 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.

We've taped thousands of hamstrings and taught other to tape thousands more, but we're still learning and evolving.

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