

KINESIOLOGY TAPING FOR SPORT

LOWER BACK

SPORTTAPE 



GETTING STARTED

This is a great application that I find myself using all the time in clinical practice. It's perfect for athletes with lower back stiffness, sacro-iliac joint issues and also anyone whose leg flexibility is being limited by their lower back.

It's a really common application for power athletes such as weightlifters and rugby players.

This application makes great use of the 10cm WIDE Kinesiology Tape, however if you are taping a smaller back, or just have less tape to use, you could always use a 5cm roll (see the above right picture).

ROB MADDEN

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



THE FOUNDATIONS

YOU WILL NEED: EXTRA WIDE KINESIOLOGY TAPE & TAPING SCISSORS



1

PREPARE

Measure a strip of tape from the PSIS (lower spine) to the mid back. Round the corners.

Create a Y STRIP by cutting the tape down the centre, leaving a small tab at one end.

Lay the base of the Y STRIP directly over PSIS with no tension.



2

BEND & TAPE

Place patient into lumbar flexion. Lay one half of the Y STRIP down along the line of Erector Spinae with no tension.



THE SUPPORT

USING THE 10CM WIDE TAPE ALLOWS YOU TO COVER A GREATER SURFACE AREA

3 REPEAT

Repeat on the opposite side and then return the athlete to a neutral spine position.



4 POINT OF PAIN

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

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

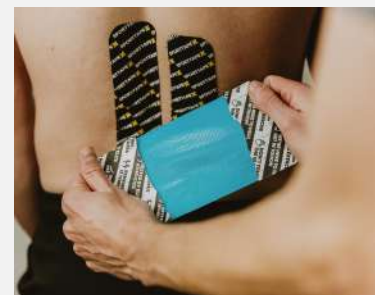
Stick the tape down with a moderate stretch directly across the specific point of pain. This can be at any point on the lower back.

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



QUICK TIP:

You will notice ridges in the tape as the athlete stands back up. This is the effect we're going for.



THE FINISH

THIS IS HOW THE PERFECT LOWER BACK 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 backs and taught others 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