

KINESIOLOGY TAPING FOR SPORT

# QUADS

**SPORTTAPE** 



# GETTING STARTED

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This is a really simple application that is easy to self-apply. It can work wonders for quad strain and quad tightness.

It's a really common application for power athletes that put huge force through their quads, such as gymnasts and weightlifters.

This application uses 2 full strips of tape, however if you are taping a smaller leg, or just have less tape to use, you could always split one strip of tape in half (see the above right picture).

## 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 2 strips of tape along the length of the quads. 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 top of the quad.

Stretch the quad and apply the rest of the tape with no stretch along the length of the muscle you want to affect.



### QUICK TIP:

Stretch the quad by sitting on the edge of a bed and bringing the knee underneath.





# THE FOUNDATIONS

YOU CAN USE AS MANY STRIPS AS NEEDED TO BIAS VARIOUS MUSCLE IN THE QUADS.

## 3

### SECONDARY MUSCLE

You can affect additional muscles in the quadricep by repeating the single-strip application directly over the muscle belly.

Measure and cut a new strip of tape, and remove a small tab as before.

Stick the end of the tape down at the top of the quad, slightly overlapping the previous piece.

Stretch the muscle again, and lay the tape down at a different angle to cover an alternative muscle within the quadriceps.



#### QUICK TIP:

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



# THE FOUNDATIONS

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THIS IS HOW THE PERFECT QUADRICEPS 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 legs 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](http://www.sporttape.co.uk)