

KINESIOLOGY TAPING FOR SPORT

# SWELLING

SPORTTAPE 



# GETTING STARTED

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One of the most effective uses of Kinesiology Tape is for lymphatic drainage or reducing swelling. Quite often this is the only time you can actually see the effects of K Tape rather than relying on feeling or movement screening markers.

This is a really versatile application that's used in all kinds of sporting scenarios. This ebook covers an application for 'dead leg' but it's also great for ankle swelling or reducing haematomas.

I like to cut my K Tape into 4 tails to maximise surface area, however you can cut the tape into as many tails as you feel comfortable with.

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# THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS



## 1

### PREPARE

Measure and cut a strip of tape across the area of swelling / bruising.



Start at the closest lymphnode. For the upper leg this is the Inguinal lymph node in the groin.

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.



### QUICK TIP:

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

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



# 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 leg in a relaxed position (seated with a straight leg works best), stick the small tab as close to the lymph node as possible.

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, directly across the area of swelling or bruising.

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

it doesn't have to be perfect, so feel free to let your creativity guide you.



#### 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 LYMPHATIC DRAINAGE DIRECTLY UNDER THE TAPE

## 3

### REPEAT

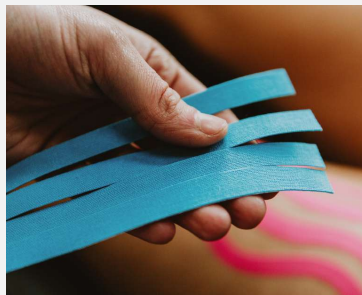
Measure and cut a second Lymphatic fan, following Step 1.

Stick your anchor as close as possible to the inside lymph node, 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. Using the tails to cover as much surface area as possible.

If you're worried about the edges of the tape catching on clothing, you can always cover them with a third strip of tape.

Wear the tape for 2-3 days. You should see a reduction in swelling / bruising when removed.



### QUICK TIP:

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



# THE FINISH

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THIS IS HOW THE PERFECT SWELLING / HAEMATOMA 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 used this application to great effect and seen therapists use it even more so. This is truly an application you can see working.

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)