

KINESIOLOGY TAPING FOR SPORT

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# TENNIS ELBOW

**SPORTTAPE** 



# GETTING STARTED

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Let's talk about lateral epicondylitis. aka Tennis Elbow! This usually means pain around the outside of the elbow when lifting, gripping or rotating the elbow. It also means you've probably overdone it!

As you'd expect, this is really common in racket sports, but it's also seen a lot in golf. Any sport that combines grip with rotation around the elbow is at risk.

This application is great to use alongside some Zinc Oxide tape in order to glide that forearm even more. By changing the position of the muscle, you can change the pain response.

## PATRICK HARDING

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# THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS



# 1

## PREPARE

Start with the arm rested, with a slight bend at the elbow.



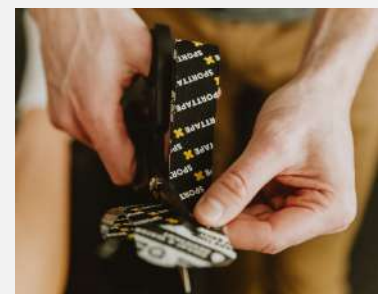
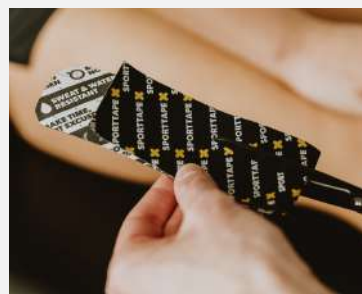
Measure and cut a strip of tape from just above the elbow to the wrist. Round the edges.

Create a Y-STRIP by cutting your strip of tape down the centre. Leave a small tab at the end.

Round the corners of each of your 'tails'.

## QUICK TIP:

Folding the tape in half will allow you to round both ends at the same time and to cut your Y Strip faster.





# THE SUPPORT

TAPING THE FOREARM WILL HELP TO ACTIVATE THE FOREARM MUSCLES, REDUCING PRESSURE ON THE ELBOW

## 2

### Y STRIP

With the arm still relaxed, stick the end of the tape just above the elbow.

Peel away the majority of the backing paper from one tail, leaving only a small tab at the end.

Holding the tab (so that you don't touch the glue), stick down your first tail on the inside of the forearm, finishing at the wrist.

Repeat this step for your second tail, laying it down with no stretch on the outside of the forearm.

Curve the second strip of tape back towards the first, overlapping them slightly at the end of each strip to create a teardrop shape.



### QUICK TIP:

Flexing the wrist puts the forearm muscles on stretch.



### QUICK TIP:

Don't apply the tape with any stretch as the muscle is already stretched.

# THE GLIDE

CHANGING THE POSITION OF THE MUSCLE HELPS TO CHANGE THE PAIN RESPONSE IN THE ELBOW

## 3

### PULL

Measure a 3rd strip of tape across the elbow, about the distance between the edges of your 2 tails.

Cut the tape and round the corners to prevent fraying and catching on clothing.

Rip the backing paper to reveal a small tab of tape and stick it to the outside of the elbow, aiming inwards.

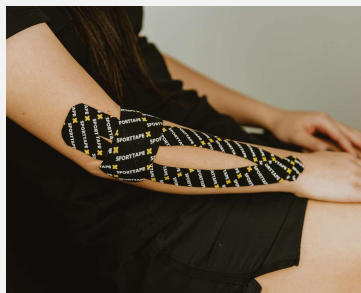
Pull the tape towards the inside at the forearm, stretching the tape to around 75% as you stick it down.

Stick the rest of the tape down with no stretch.



### QUICK TIP:

Applying stretch to the tape is the only way to change the position of a muscle when using K Tape.



### QUICK TIP:

It is really important to make sure you have tabs at both ends of the tape with no stretch. This prevents skin irritation as a result of recoil.

# THE FINISH

THIS IS HOW THE PERFECT TENNIS ELBOW 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.

If you have access to it, you can perform the glide (step 3) using Zinc Oxide tape for a more effective (and lasting) movement.

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)