

TAPING & STRAPPING FOR RUGBY

---

# ELBOW

SPORTTAPE 



# GETTING STARTED

---

This is a tried and tested application for those players at risk of Elbow hyperextension. This is especially prevalent in the forwards in rugby due to the strain of set pieces.

The starting angle of the elbow will determine the degree of flexion that you lock off, so be sure not to start with a straight arm. I'm a huge fan of this application because of its effectiveness, simplicity and versatility.

Always remember not to "tape by numbers" and use your own clinical reasoning. The tapes I've chosen are my personal preference and can be replaced as you wish.

## BEN Warburton

Lead Physiotherapist for the WRU Sevens, after also having spent time at the Cardiff Blues and the Newport Gwent Dragons



# THE FOUNDATIONS

YOU WILL NEED: 7.5CM TEAR EAB & 3.8CM ZINC OXIDE TAN



# 1

## PREPARE

I'd recommend padding the elbow with some folded EAB or Vaseline to prevent abrasion in flexion.



## QUICK TIP:

Begin your EAB wrap diagonally across the elbow joint line to save tape. Get your player to hold the top of the tape to keep it in place.

# 2

## EAB WRAP

Wrap the TEAR EAB around the the upper forearm, being careful not to tape directly over the rear elbow joint line.



Start to aim the EAB back up early to prevent creasing

Aim your tape upwards as you come around the back of the elbow a 2nd time, covering the elbow joint line in an X pattern.



Leave the back of the elbow free

Finish by wrapping around the upper arm once or twice.



# THE SUPPORT

TIP: IF BUDGET IS AN ISSUE YOU CAN ALSO SUBSTITUTE THE TAN ZINC OXIDE FOR WHITE ZINC OXIDE

## 3

### APPLY ANCHORS

Using ZINC OXIDE TAN 3.8CM for extra support, apply anchor strips on top of the EAB across the forearm and bicep.



### QUICK TIP:

Do not apply the anchors around the entire circumference of the arm. This could cause an unnecessary compressive effect.



## 4

### X FANNING

Lay 2 strips down, fanning the elbow in an X pattern from top to bottom, maintaining flexion at the elbow.

Continue to lay a further 2-3 strips of ZINC OXIDE TAN in an X pattern to provide support as required, and then repeat the anchors.



# THE PROTECTION

WE USE A 7.5CM TEAR EAB TO PROTECT THE APPLICATION BUT YOU CAN ALSO USE NON-TEAR EAB

## 6

### FIGURE OF 8

Overlap the ZINC OXIDE TAN using 7.5CM TEAR EAB.

Start by aiming the EAB diagonally down across the line of the elbow towards the medial side. Wrap the EAB around the back of the forearm twice, covering all Zinc Oxide tape. Then bring it back over the joint line in an X pattern as before.

Wrap the EAB around the upper arm once or twice, finishing on the lateral side of the bicep. This will ensure that the players' shirt covers the end of the EAB.

Finish by securing the ends of the EAB with a small strip of ZINC OXIDE TAN tape.



#### QUICK TIP:

TEAR EAB is the best option as it is flexible and can be ripped by hand.



#### QUICK TIP:

Make sure you have completely covered all Zinc Oxide strips with EAB.



# THE FINISH

---

THIS IS HOW THE PERFECT 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.

We've taped thousands of elbows, 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)