

A close-up photograph of a person's knee being taped with orange SportTape. The tape is being applied in a vertical strip down the front of the knee. A hand is visible at the top, holding the roll of tape. The background is a plain, light-colored wall.

TAPING & STRAPPING FOR RUGBY

MCL / KNEE

SPORTTAPE 



GETTING STARTED

This is a tried and tested application for those players suffering with Medial Collateral Ligament (MCL) or Anterior Cruciate Ligament (ACL) sprains.

This application is for the MCL but can easily be switched for the ACL or combined for full-knee support. 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; 5CM & 10CM FIXATION TAPE, 3.8CM ZINC OXIDE TAN & 7.5CM TEAR EAB



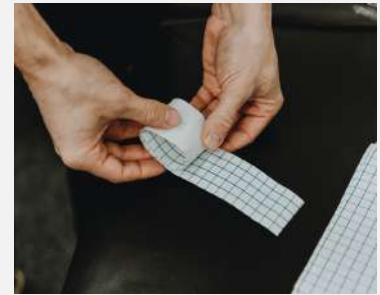
1

PREPARE

For rugby, I'd always suggest using a pre-tape adhesive spray and when available, use FIXATION tape to provide a protective layer.



Always use a sharp pair of scissors to prevent fraying



Prevent recoil by reverse rolling the tape

2

LAY ANCHORS

Create your anchors using 10CM FIXATION tape equal distance above and below the knee (approx. 5-10cm). Place a further strip of FIXATION tape vertically, covering the MCL.

Finally apply the 3.8CM ZINC OXIDE TAN onto the lower and upper FIXATION tape, leaving 1-2CM at each end.



Apply the FIXATION tape around 40-50% of the leg



Use 5CM FIXATION tape over the MCL



THE SUPPORT

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

3

MEDIAL SUPPORT

Using ZINC OXIDE TAN 3.8CM for extra support, apply a strip directly over the MCL midpoint.



QUICK TIP:

Have your athlete bend their knee slightly by placing a lift under the heel

4

X FANNING

Lay further strips down, fanning the MCL in an X pattern.

Continue to lay a further 6-8 strips of ZINC OXIDE TAN in an X pattern to provide support as required. A wider 5CM ZINC OXIDE TAN may be required for larger athletes.



Be careful not to pull / over tension the tape



Leave the Patella open



5

SECURE

Once the fan is finished cover the ends at the top and bottom.



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 MCL towards the medial side.

Wrap the EAB around the back of the calf twice, covering the FIXATION tape and then bring it back over the line of the MCL in a figure of 8 shape.

7

LAYER UP

Repeat the figure of 8's 2-3 times. Once finished, wrap the anchors around the quad, fully covering the ZINC OXIDE and FIXATION Tape.

This provides additional support to the area and ensures the application is protected from the elements.



THE FINISH

SECURE THE ENDS OF THE EAB WITH ZINC OXIDE TAPE OR PVC SOCK TAPE



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 over 10K knees, and counting 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