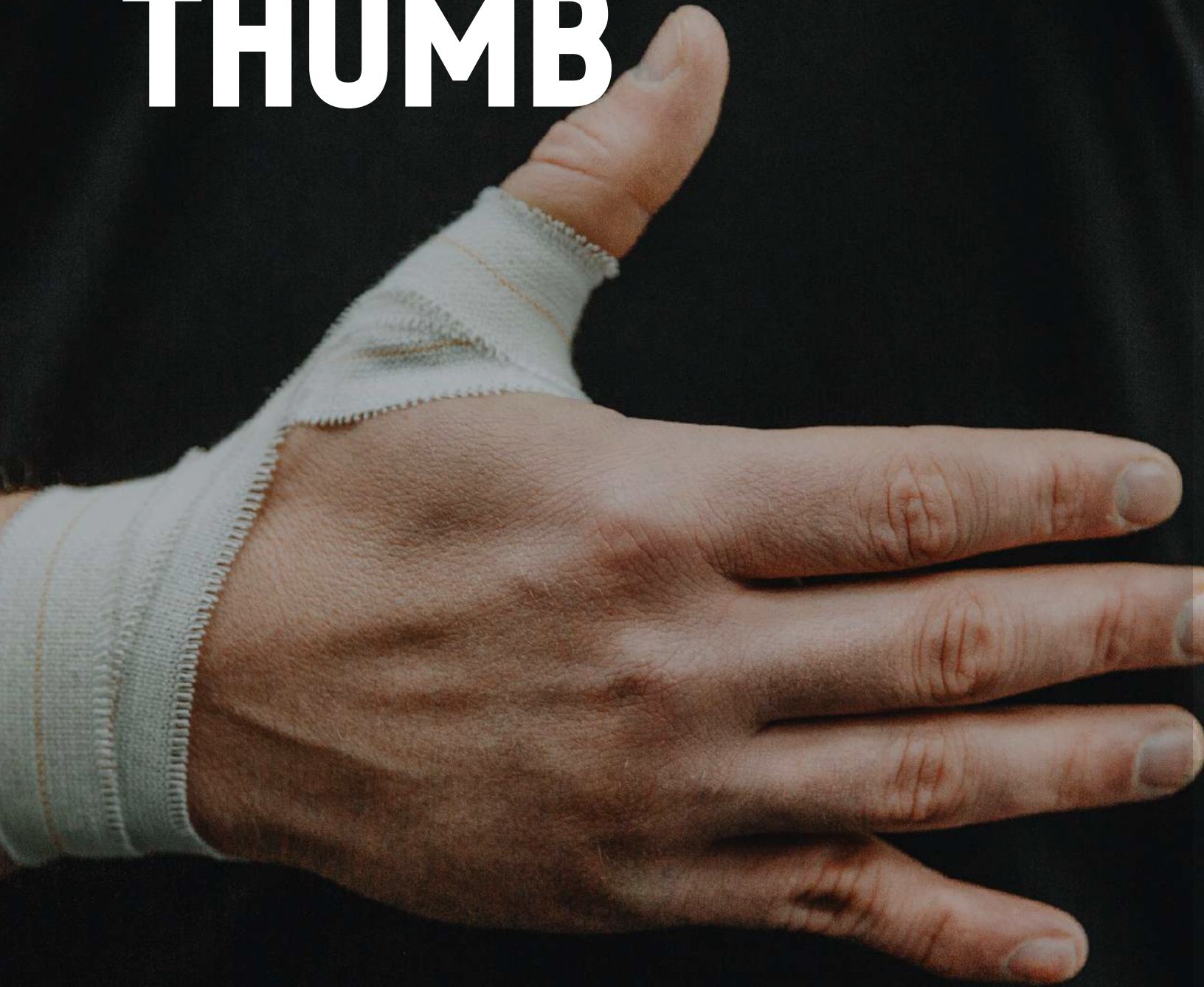


TAPING & STRAPPING FOR RUGBY

THUMB



SPORTTAPE 



GETTING STARTED

This is an ideal application for players who have a history of thumb sprains and want to prevent hyperextension during tackling.

You can quickly and easily teach your players to do this themselves. I prefer to use the NON-TEAR EAB around the thumb, because it offers additional strength without having to use a rigid tape.

However, TEAR EAB can be used just as effectively if that's what you have available. Either way, make sure it's a 2.5cm tape, otherwise there will be too much width for an accurate application.

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; 2.5CM NON TEAR EAB & 2.5CM ZINC OXIDE TAPE



1

STARTING POSITION

Start taping from the palm, aiming up between the palm and index finger. Bring the tape around the back of the thumb.



QUICK TIP:

You are aiming to cover the MCP joint as you bring the tape around the back of the thumb.

2

RESTRICT THE THUMB

Angle the tape down towards the wrist. This pulls the thumb towards the palm, restricting any overextension.



Bring the tape around the back of the wrist, angling it back towards your starting position, ready to repeat the application.



THE SUPPORT

TIP: IF BUDGET IS AN ISSUE YOU CAN ALSO SUBSTITUTE THE NON TEAR FOR TEAR EAB.

3

REPEAT

Repeat the application 2-3 times to achieve the desired level of blocking. The thumb should feel restricted in extension.

If using NON TEAR EAB, you'll need scissors to cut off the application.



4

SECURE THE ENDS

Using 2.5cm ZINC OXIDE tape, place a small strip over the end of your EAB application to help secure it.

ZINC OXIDE tape is stickier than EAB, and it's rigidity means that it will prevent the tape you cut from peeling back during the game.



THE FINISH

THIS IS HOW THE PERFECT THUMB 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 thumbs, 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