

TAPING & STRAPPING FOR RUGBY

WRIST & HAND

SPORTTAPE 



GETTING STARTED

Contact and winter sports pose a high risk for hyperextension of the wrist and thumb due to the impacts of falls and tackles. This application is designed to help prevent that, and is ideal for players who have a history of wrist and thumb sprains. It's also very common in boxing.

This is really simple, but effective application that you can teach players to do themselves.

I prefer to use TEAR EAB as it's more easily manipulated, and doesn't require scissors. However NON TEAR can be used just as effectively and will provide a more rigid support.

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 TEAR EAB & 2.5CM ZINC OXIDE TAPE



1

RESTRICT THE WRIST

Starting from the back of the hand, wrap your EAB around the wrist directly over the joint line.



QUICK TIP:

To find the joint line, flex your wrist backwards and see where the skin folds.

2

REPEAT THE WRAP

Complete 2 full rotations around the wrist.



Begin to angle the EAB as you come around the 2nd time in preparation to wrap the hand. Angling the tape early will reduce creases and make for a more comfortable application.

Bring the tape across the back of the hand, aiming between the thumb and index finger.



THE SUPPORT

TIP: BE CAREFUL NOT TO COVER THE FINGER JOINTS ACROSS THE PALM SO THAT YOU PLAYER CAN STILL GRIP.

3

COVER HAND & REPEAT

Bring the tape across the palm and back under the wrist. Wrap the wrist once more, covering slightly more of the thumb joint each time.

Repeat the wrap 2-3 times, finishing at the wrist.

Check the level of restriction through the wrist. If it is sufficient, you can stop here.



4

ADDITIONAL RESTRICTION

If additional support is needed, use 2.5cm ZINC OXIDE tape directly across the joint line.

Only apply single strips. DO NOT wrap Zinc Oxide around the wrist as the rigidity does not allow expansion and can create a tourniquet effect.

Apply as many strips as needed for the desired level of restriction.



QUICK TIP:

Apply the Zinc Oxide tape at a slight angle as the contour of your wrist will mean it finishes where you started.



THE FINISH

HERE'S HOW YOUR FINAL APPLICATION WILL LOOK. TIME TO GET OUT ON THE FIELD.



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 wrists, 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