

TAPING APPLICATIONS FOR

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# THUMB, HAND & FINGER

**SPORTTAPE** 



# NOT JUST FOR INJURIES

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SPORTTAPE tapes can be used for so much more than muscle injuries. They are also perfect to use as protection from cuts, grazes and calluses when lifting.

Whether you're a WOD Queen or Britain's next weightlifting Champion, this E-Book will help you apply K TAPE or EAB for:

- THUMB/HOOK GRIP PROTECTION
- PALM PROTECTION
- FINGER & GRIP

Taping isn't going to revolutionise your lifts or make you stronger, but it will make them more comfortable and help keep your hands in one piece.

This E-Book is a simple GUIDE, not a PRESCRIPTION. All 3 applications are tried and tested, but feel free to adapt as you see fit.

# PREPARE

YOU WILL NEED: 5CM K TAPE, TEAR EAB THUMB TAPE, AND K TAPING SCISSORS



These taping applications aren't designed to fix an issue, or help relieve pain. They are simply used to help protect your hands and fingers when lifting, climbing or grappling.

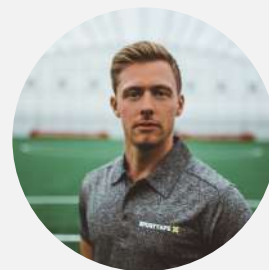
If you're using K Tape for any of these applications, then make sure it sticks for days worth of workouts by following these 4 easy steps.

1. No Moisturiser - K TAPE's kryptonite; wash it off.
2. Use SHARP scissors - blunt scissors fray the tape and make it uncomfortable, especially around the palm.
3. Heavy Hands - avoid touching the glue where possible.
4. Leave Time - apply 30 mins prior to exercise.

Taping isn't hard. It just takes common sense and practice. Follow these steps and your K Tape will last for days.

## YOUR INSTRUCTOR

These applications were created by our Academy Director, Rob Madden. Rob is a Physiotherapist and Performance Coach for Hintsa Performance, working in Formula One and Private Practice.





# HOOK GRIP/ THUMB

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This application is the weightlifter's best friend. Easy to self-apply, simple, and only uses one tape. It will protect your thumb from the friction of the bar when lifting in hook-grip.

A CrossFit favourite, this application can be used to stop the bar, ropes, or kettlebells from rubbing directly against the skin. You can use multiple layers for as much protection as you want.

A 4cm or 5cm Tear EAB (otherwise known as weightlifting thumb tape) is the best option here, as it can be ripped by hand for quick application and no waste.

# HOOK GRIP / THUMB

## STRAPPING APPLICATION

1

Taping directly from the roll.  
Strick the tape down to your  
thumb and begin to wrap.



2

Wrap the thumb 2-3 times to  
cover the entire thumb. Be  
careful not to restrict flexion.



3

Continue on the other thumb  
(and any other fingers) if  
needed.



### QUICK TIP:

A 4-5cm EAB will cover the  
entire length of the thumb,  
meaning you use less tape.

Then get lifting.







# PALM PROTECTION

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This application is super simple, can be self-applied and will help to protect your palm from calluses, cuts and grazes caused by Olympic bars, ropes and kettlebells.

Designed to stop the bar from rubbing directly against the skin, you can use multiple layers for as much protection as you want.

Be sure to stick the tape as close as possible to the finger joint line in order to minimise the area of skin on show.

# PALM PROTECTION

## K TAPING APPLICATION

# 1

Measure 1 strip from the middle of your fingers to just below the wrist. Keep your wrist neutral and your palm flat.



# 2

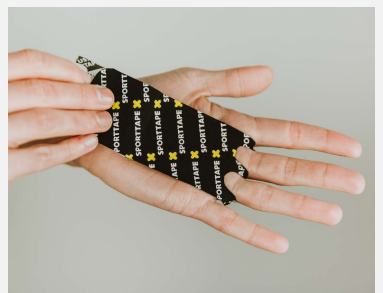
Fold a small tab of tape and, using the sharpest scissors you can find, cut 2 small finger holes.



# 3

Carefully peel the backing paper and place your middle and ring fingers through the holes, sticking the tape to the back of your hand.

Remove the middle section of backing paper and stick the tape down to your palm with no stretch.





# FINGER TAPING

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This technique is extremely popular in martial arts and rock climbing. For additional support and protection, you can use 1.25CM ZINC OXIDE TAPE.

This application is designed to protect your fingers from the friction of the bar, whilst maintaining your feel and grip.

Taping your fingers in an X shape helps to prevent excessive force from being applied to the joints when gripping and grappling. This increases your grip strength by moving the strength emphasis away from your fingers to your wrist and forearm.



# FINGER TAPING

## K TAPING APPLICATION

# 1

Take a roll of 1.25cm Zinc Oxide Tape. Tape directly off the roll.



# 2

Stick the anchor to the lateral side of one finger. Come around the back of the finger, aiming diagonally across the joint line.



Wrap the top of the finger fully, and then bring the tape back across the joint line in an X shape.



Finish by wrapping the bottom of the finger fully.

Repeat on as many fingers as needed.

