

The Sports Medicine Specialists

RSH Physical Therapy
1601 Main Street # 602
Richmond, TX 77469
281.341.2874

Houston Orthopædics & Sports Medicine
1601 Main Street # 601
Richmond, TX 77469
281.565.8800

Polly Ryon Hospital
1705 Jackson Street
Richmond, TX 77469
281.341.3000



David Edell, LAT, ATC, CSCS

Cellular: 713.858.3802

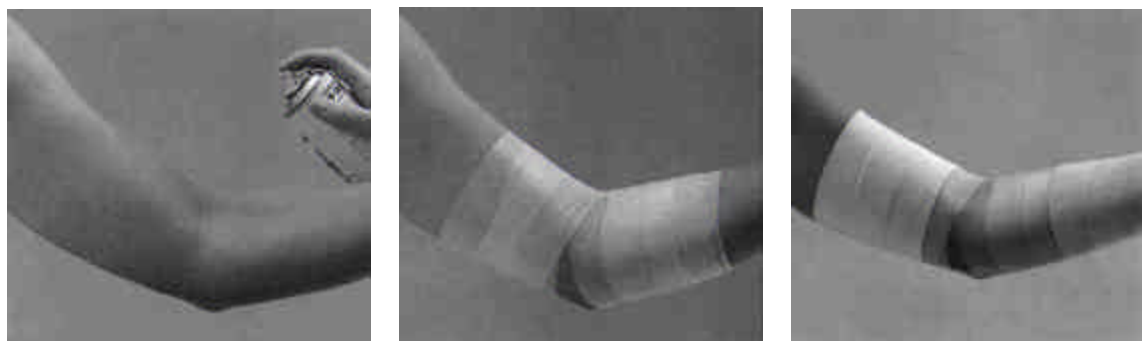
Fax: 281.341.3012

E-Mail: dedell@athleticadvisor.com

Taping for Elbow Hyperextension Injury

OBJECTIVES:

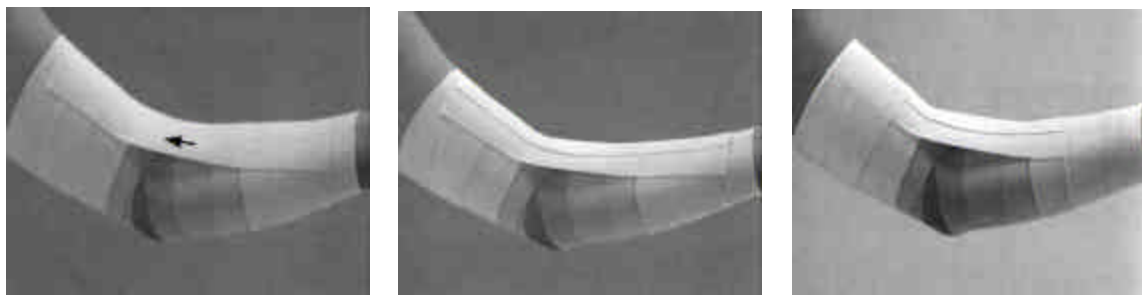
- ? Support the Elbow Laterally,
- ? Limit the last 30° of Extension and End-Range Pronation of the Forearm, and
- ? Allow Full Flexion and Almost Full Supination



Clean and prepare the area by shaving if excessive hair is present. Spray the area with skin toughener (Tuf Skin®, STA®, etc.).

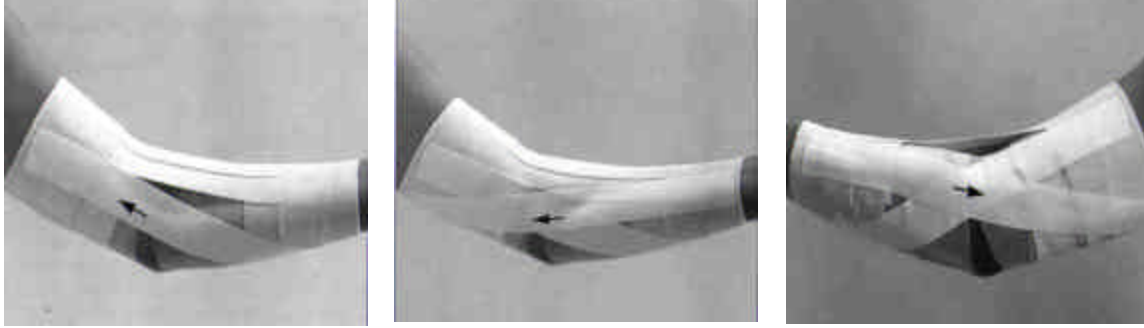
Apply pre-wrap from the proximal ? of the forearm to the distal ? of the humerus. Apply lubricated heel and lace pads to prevent blisters and tape cuts over the cubital fossa.

Apply 2 circumferential anchor strips of 2" elastic tape to the mid-humerus and mid forearm. Remember that the anchor strips must be on the skin to provide adequate support.



To form a check-rein, place the elbow in 45° of flexion and apply a vertical strip of 2" elastic tape from the proximal anchor to the distal anchor, directly over the anterior aspect of the elbow.

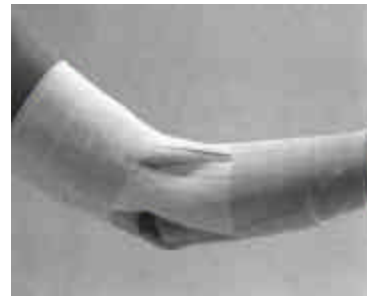
Repeat this step, overlapping the first strip laterally by ½.



For medial stability, hold the elbow at 35° of flexion, and apply a vertical strip of 1½” white tape from the distal anchor to the upper anchor with strong tension.

Apply a second strip to form an “X” across the medial joint line, also with strong tension.

Repeat the “X” on the lateral joint line.



Apply anchors proximally and distally with 2” elastic tape.

Test tape for adequate restriction of motion and ensure that tape is not too tight. Check distal pulses and nail bed capillary refill to ensure that the tape has not been applied too tightly.