

# The Sports Medicine Specialists

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## Taping for Thumb Sprain

### OBJECTIVES:

- ? Supports the Collateral Ligaments of the 1st Metacarpal Phalangeal Joint,
- ? Prevents the Last Degrees of Extension, Limits Abduction,
- ? Allows Some Flexion, and
- ? Does Not Compromise Wrist and Hand Function



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

Apply 2 circumferential strips of 1½" tape around the wrist.

Apply a distal anchor. Start from the posterior side of the proximal anchor, wrap around the wrist, pull up and across the dorsum of the hand.



Cross from posterior to anterior between the thumb and index finger.

Continue diagonally across the palmar aspect of the hand and fix the strip medially on the proximal anchor.

Apply a thumb anchor lightly.



Apply an incomplete figure-8 strip of 1" tape by pulling gently around the thumb, crossing the strips and pulling equally with both hands medially, adducting the thumb before adhering both ends of this strip to the anchor. The anterior end is applied to the palmar anchor, and the posterior end is applied to the dorsal anchor with firm pressure.

Continue to apply the half figure-8 strips, overlapping by  $\frac{1}{2}$  width, until the fan reaches the base of the thumb.



Apply anchor strips around the wrist covering all ends of the half figure-8 strips and any remaining tape ends.

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