

## Birkenhead United Practical Strapping Event Video Resources

### Ankle Strapping

<https://www.d3tape.com/au/tutorial/rigid-ankle-tutorial/>

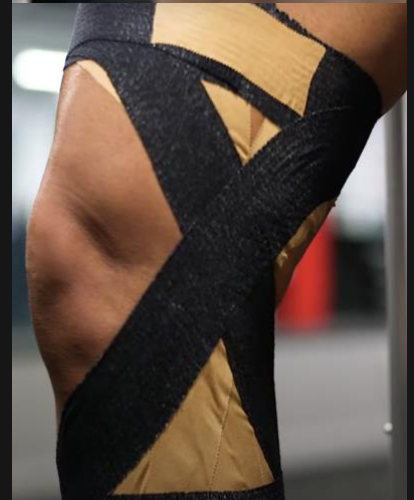
- Note: technique can be reversed for a medial ankle sprain. Simply put tension for the stirrups on the inside of the ankle to prevent movement in the unwanted direction. Heel locks/figure of 8s are applied in the same manner.
- Ben and Kennedy typically do two heel locks per side for stability.
- Use the regular 38mm tape.



### Knee Strapping

<https://www.d3tape.com/au/tutorial/rigid-knee-tutorial/>

- Note: technique is the same if attempting to strap to support the outside of the knee, or you can do both sides of the knee if required, for example following an ACL injury.
- Ben and Kennedy usually do three criss-crosses in each direction with brown rigid tape, and then add two vertical strips for stability.
- Depending on how much support you want, you can use more white EAB as required. Ben and Kennedy usually do two criss-crosses on each side.
- Use the regular 38mm tape.



### Hand and Thumb Strapping

<https://www.d3tape.com/au/tutorial/strapping-a-thumb-with-rigid/>

- The 25mm rigid tape is preferable for wrist and thumb straps as it is better able to navigate the smaller joints in the area. If you don't have 25mm tape, the normal 38mm tape can be torn down the middle to create thinner strips.
- Ben and Kennedy typically do two strips in each direction.

