

# THUMB TAPE

## PURPOSE

The thumb is usually injured by a direct blow to the tip or having the thumb forced directly backwards. The primary objective of this tape job is to provide support with a slight pull forward to avoid re-injury.

## MATERIALS NEEDED

1 ROLL 1 ½" ATHLETIC TAPE

1 ROLL ½" TAPE (OR REGULAR TAPE SPLIT DOWN THE MIDDLE)

1 ROLL PREWRAP

## ATHLETE POSITION

The wrist should be held in a neutral position and the thumb should be held in a neutral to slightly inward position.

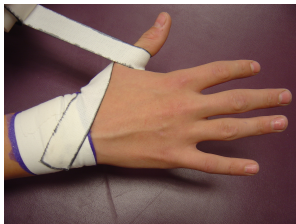
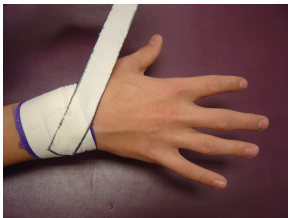
## APPLICATION

STEP 1- Make sure the athlete is holding the wrist and thumb in the proper position.

STEP 2- Prewrap and tape the wrist for an anchor.



STEP 3- Using a roll of tape split down the middle start on the top of the hand on the pinky side. Wrap the tape around the outside of the thumb joint then coming around to the inside and finally across the palm and finish where you started.



STEP 4- Repeat the STEP 2 process two more times making sure to completely cover the entire thumb joint.



STEP 5- Add one more anchor around the wrist to help secure the tape job.

