what role do PREVENTATIVE ACTIONS play in enhancing the wellbeing of the athlete?
LEARN ABOUT

01 Preventative Taping

02 Taping for Isolation of Injury

03 Bandaging for Immediate Treatment of Injury
PREVENTATIVE BANDAGING

- Preventive taping is most commonly applied to joint areas to strengthen, support or prevent the joint from exceeding its normal range of motion during movement.
- Beneficial for an athlete who may have had a previous injury or weakness.
- Any sport that requires explosive movements or change in direction that places stress on joints can benefit.
- The main areas that athletes will use preventive taping are the ankle, knee, shoulders and fingers.
- Taping is not only used on joints, it can also be used on muscles. In this instance, it can be used to provide compression and or support.

LEARN ABOUT

01 Preventative Taping
02 Taping for Isolation of Injury
03 Bandaging for Immediate Treatment of Injury
Taping

FOR ISOLATION OF INJURY

- Immobilisation is the aim
- Early in rehabilitation = Provide support and prevent any further damage
- Returning from injury = Taping can lead to a greater sense of proprioceptive awareness
- The taping can help athletes get through training and work on their conditioning whilst in rehab mode

LEARN ABOUT

01 Preventative Taping
02 Taping for Isolation of Injury
03 Bandaging for Immediate Treatment of Injury
Bandaging can be used as soon as first aid has been applied to an injury to stop bleeding or to secure an injury for ongoing treatment.

RICER includes compression = compression bandage can be used to help reduce swelling and blood flow to the injured area.

Bandaging can also be used to immobilise an injured site.

**BANDAGING FOR IMMEDIATE TREATMENT OF INJURY**

**LEARNT ABOUT**

01 Preventative Taping

02 Taping for Isolation of Injury

03 Bandaging for Immediate Treatment of Injury