



Competency
Basic Wrist Taping

Student Name

The student will apply a basic wrist tape job that restricts wrist hyperextension and/or provides general support of the wrist joint.

Components

Application of pre-wrap

Application of tape

- Tape is applied in single strips (or one continuous strip once proficient as single strips)
- Tape is *thick* enough to restrict motion (do not pull too tight or it will cut off circulation)
- Tape is applied proximal to (above), over and distal to (below) the joint line to restrict movement

Check for comfort, support and circulation

- Confirm with athlete they are comfortable, have circulation (capillary refill test) and will be able to perform their sport's/position's skills uninhibited by the tape

Student Notes



Mastery

ATC Signature

Date Mastered