

Taping Assignment

When you are ready, see your teacher about proving your taping abilities. You will have to demonstrate your ability to tape a closed basketweave as well as two other techniques in the list below. You should be able to tape ALL techniques listed before going to see your teacher for marks. While taping you will also have to explain what you are doing.

For example: Applying Stirrups or applying horseshoe technique.

You will be tested on 3 taping techniques from the following list:

- Closed Basketweave (mandatory)
- Wrist Hyperextension
- Wrist Hyperflexion
- Knee Hyperextension
- Arch Support
- Thumb Hyperextension – Peppard Technique

You will be marked on:

Taping Technique

- No wrinkles, not too tight, not too loose, proper positioning of tape, tape overlapping by half

Explanation of taping technique

- Including proximal and distal anchors, direction of tape, and any other necessary information

Name: _____

Technique: Closed Basketweave

Proper Technique /10 (x2)

Explanation /5(x2)

Technique: _____

Proper Technique /10

Explanation /5

Technique: _____

Proper Technique /10

Explanation /5

Total /60