

# Sports Taping & Strapping

Taping or strapping is a technique used by physiotherapists for injury prevention or rehabilitation. Your Physiotherapist will perform a thorough examination of your problem. If taping / strapping is indicated then it can be used in conjunction with your treatment with the aim of limiting unwanted movement at a joint or offloading specific anatomical structures where a weakness has been identified.

## Some of the benefits of taping are:

- Protection of injured soft tissue structures (ligaments, tendons, fascia)
- Injury prevention
- Encourage normal movement
- Quicker return to sport or work
- Pain reduction
- Improves the stability of a joint
- Reduces the risk of re-injury
- Reduces swelling
- Physiotherapists can also teach you how to apply the tape yourself so you can continue to experience the benefit.