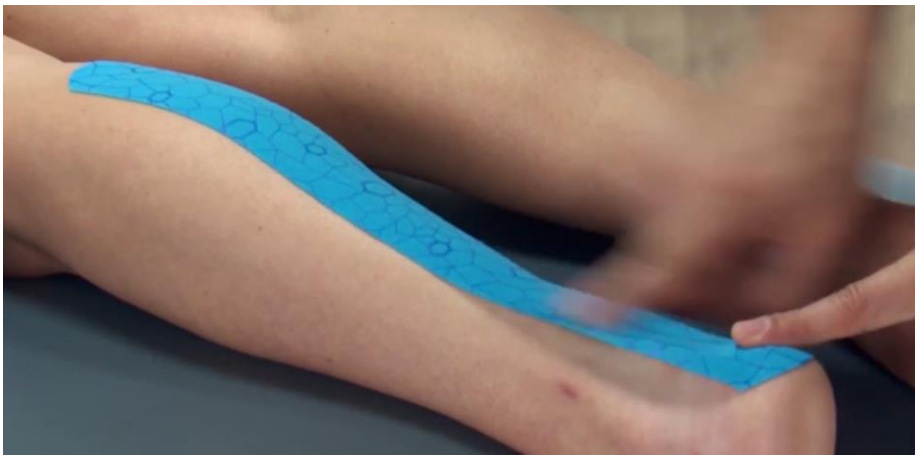
Endurance Massage Taping Practical Answer Key

Remember to practice with client on the table. This is an enhancement to a massage service and needs to be practices as part of the service.

<u>Achilles</u>

First strip from calcaneus to below the popliteal fossa. Wrapped around the Achilles Tendon. More stretch around the tendon with small Hexagon (25%). In the middle and no pull on either end.



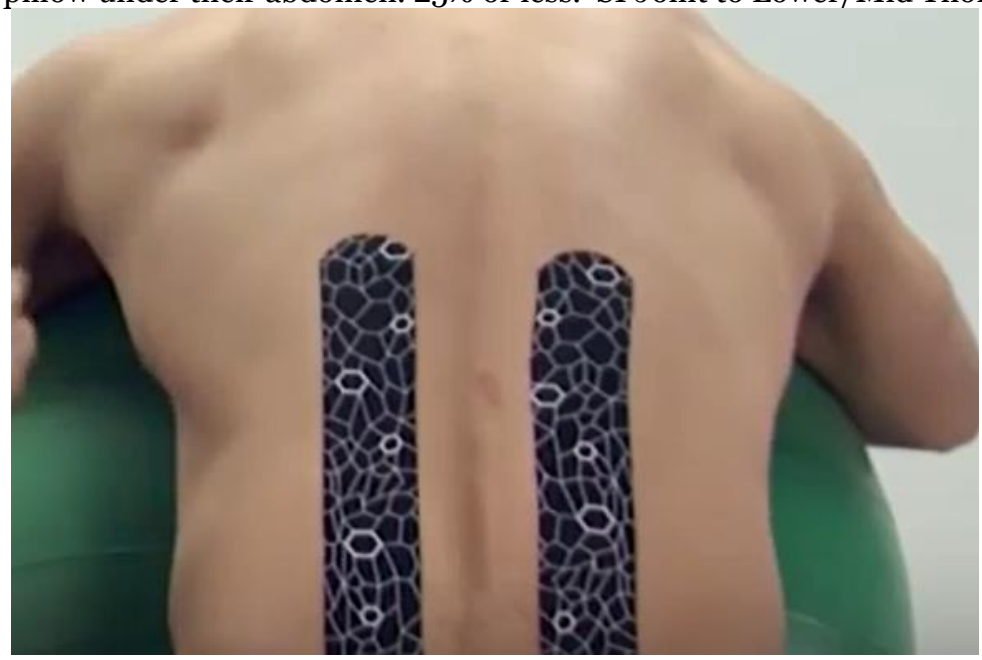
Second addition Off set from first application. The middle should be 50% (Big Hexagon) with no pull on the end (anchor point).

Deltoid

Initial taping is positionally applied (Lateral Rotation & Extended for Posterior and Medial Rotated and Flexed for Anterior). Top should be at 50% tension.

Lumbar

For postural support on the massage table you can have them either do this side lying, or with a pillow under their abdomen. 25% or less. SI Joint to Lower/Mid Thoracic.



Neck

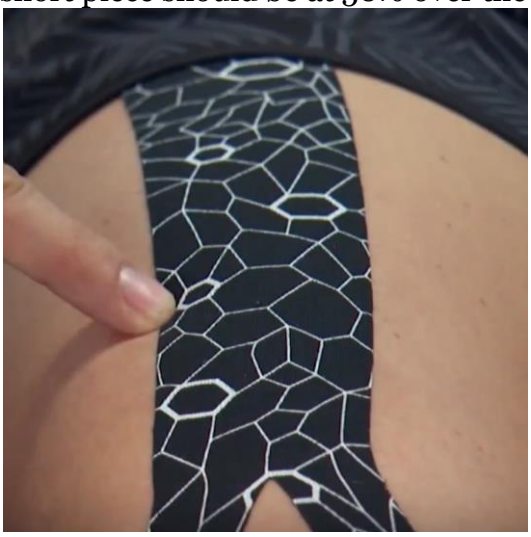
First layer should be 25% or less tension (small Hex clear or less). Top Layer at 50% over the area of symptoms.

Star Pattern

50% tension in the center of the star. With 0% on the ends. Make sure to heat the tape when it crosses over other tape to improve the stickiness.

Quad & Patellar

Quads should be at 25% and cut to wrap around the patella. For anchor support the short piece should be at 50% over the patellar tuberosity.



Shoulder

For the under layer 50% is on the upper shoulder and 25% is on the back. For the top layer 50% is on the lateral side and 25% is on the back. Remember anchors have 0% tension.

Plantar Fasciitis

Anchor on base of toes 2-4, heal and upper calf. Then Tibialis Anterior should wrap all the way around the bottom of the foot.

IT band with No touch Zone

The It Band should be anchored on the Head of the Fibula and up past the area of disfunction, You can add a second band across the tape as a local anchor. If working all the way up past the iliac crest have the anchor detached for the client for them to attach on the No Touch Zone.

Another Muscle of your choice

This is important for the massage therapist to be able to identify what they are taping and why. Remembering why they would have 25% or 50% tape tension. It is also important to make sure they have no tension on the anchors as well as having all other skills demonstrated.