

Taping and Wrapping Skills

Curriculum Overview

Designed for:

- High school students
- Post-secondary students in health occupations courses
- Certified Athletic Trainer courses

Length:

The activities in this curriculum will last approximately 5-6 hours. With supplemental materials, this curriculum can be adapted to a longer block of time.

Goal:

To help participants learn the basics of taping, wrapping, and bracing in sports medicine.

Synopsis:

This curriculum helps participants learn about the different types of tapes, braces, and wraps that can be used in sports medicine and also learn the proper fitting of a football helmet. Participants will learn about the differences between taping and bracing, including the advantages and disadvantages of using each one. They will learn techniques for wrapping or taping upper and lower extremity injuries and get hands-on practice with a variety of taping and wrapping procedures. Additionally, participants will learn how to immobilize closed radius/ulna fracture, closed tibia/fibula fracture, compound femur fracture, and jaw trauma. They will familiarize themselves with the different types of splints and braces.

Curriculum Components:

- Teacher's guide – Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Scenario guide
- Assessment tools
- PowerPoint presentation slides

Learning Objectives:

Lesson One – Introduction to Taping, and Wrapping, and Protective Equipment

- Demonstrate the steps necessary to fit a football helmet properly
- Demonstrate a basic understanding and identify types of tapes, braces, and wraps
- Demonstrate a basic understanding of commercial vs. custom braces

Lesson Two – Taping vs. Bracing

- Demonstrate understanding of the advantages and disadvantages of taping and bracing
- Demonstrate understanding of when using either taping or bracing would be most appropriate

Lesson Three – Lower Extremity Taping

- Identify the specific procedure/technique used for wrapping or taping four lower extremity injuries
- Explain when a particular type of tape or wrap would be appropriate to use for these four different injuries
- Tape an ankle

Lesson Four – Upper Extremity Taping

- Identify the specific procedure/technique used for wrapping or taping four upper extremity injuries
- Explain when these techniques would be appropriate to use
- Tape a wrist

Lesson Five – Joint and Long Bone

- Define open and closed fractures
- Demonstrate joint injury and splinting techniques
- Demonstrate how to immobilize a jaw injury
- Demonstrate immobilization and splinting of specific long bone fractures