

Learning Aid: Taping and Wrapping Skills Sim Kit

Recommended Lesson: *Lesson 4: Upper Extremity Taping*

Required Materials:

- *Upper Extremity Injuries* slide presentation (slides 2-5, printed out)
- Taping and Wrapping Skills Sim Kit
- (10) 3x5 index cards
- *Upper Extremities Taping* slide presentation, (slide 6, take a screenshot of the video screen at the 2:25 mark and print out)

Steps:

FOCUS:

1. Look at each picture individually.
2. With your partner or small group, discuss the following:
 - a. How do you think this injury happened?
 - b. Have you ever had an injury like this, or know someone who has?
 - c. Do you know how they fixed the injury?

LEARN:

1. Label the index cards with the following descriptions:

a. Adhesive tape	f. Splint
b. Cohesive tape	g. Cervical collar
c. Elastic bandages	h. Air splints
d. Pre-wrap foam	i. Elbow brace
e. Tape cutters	j. Rapid splints
2. Place the index cards next to the correct item from the Taping and Wrapping Skills Sim Kit.
3. Discuss with your partner or small group what the purpose of each item is.

REVIEW:

1. Practice finger taping on your partner by following the steps below:
 - a. Wrap **cohesive** tape around the middle finger, from the finger's tip to its base, until the finger is covered. Tear the tape. It should stick to itself on the finger.
 - b. Take the pointer finger and wrap **adhesive** tape around it, between the joints closest to the palm of the hand.
 - c. Without tearing the tape, wrap the tape around both the middle and index fingers twice. Tear the tape.
 - d. Take the pointer finger and wrap **adhesive** tape around it, between the next two joints on the finger.
 - e. Without tearing the tape, wrap the tape around both the middle and index fingers twice. Tear the tape.
 - f. Make sure that your partner can bend their fingers!
2. Compare your taping job with the picture provided.
3. Switch with your partner.
4. Discuss the process with each other:
 - a. What was the hardest part of taping?
 - b. What would you do differently the next time you try?
 - c. What advice do you have for your partner?