

Lesson Four – Upper Extremity Taping

Lesson Overview

In this lesson, participants will learn techniques for wrapping or taping upper extremity injuries. They will get hands-on practice with a variety of taping and wrapping procedures.

Lesson Objectives

After completing this lesson, participants will be able to:

- 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 at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• <i>Upper Extremity Injuries</i> slide presentation	1. Prepare <i>Upper Extremity Injuries</i> slide presentation for viewing.	10-15 minutes
LEARN	• <i>Upper Extremity Taping</i> slide presentation	1. Prepare <i>Upper Extremity Taping</i> slide presentation for viewing.	30-35 minutes
REVIEW	• <i>Wrist Taping Checklist</i> • Supplies • Tape • Pre-wrap	1. Print/photocopy <i>Wrist Taping Checklist</i> (one per participant).	20-25 minutes

Lesson Four – Upper Extremity Taping and Wrapping

FOCUS: Examples and Discussion

10-15 minutes

Purpose:

Participants will discuss upper extremity injuries and the types of taping and wrapping that they have seen.

Materials:

- *Upper Extremity Injuries* slide presentation

Facilitation Steps:

Show the slide presentation to the participants, allowing for discussion of personal injury experiences while showing slides.

Slide 2: Picture of a potential wrist injury.

Ask the participants what they think may have happened to the skater's wrist during this fall.

Ask if any of the participants have ever injured their wrist and how the injury was treated.

Slide 3: Wrist injury picture.

Again, ask the participants what they think happened. Does it appear to be fractured? Is it dislocated?

Slide 4: Picture of thumb dislocation.

Continue discussion of participant's experiences with thumb injuries.

Slide 5: Picture of finger dislocation.

Again, continue the discussion and lead into taping of these types of injuries.

Lesson 4 – Upper Extremity Taping and Wrapping

LEARN: Upper Extremity Presentation and Techniques

30-35 minutes

Purpose:

Participants will watch a slide presentation to learn four taping and wrapping techniques for the upper extremity.

Materials:

- *Upper Extremity Taping* slide presentation

Facilitation Steps:

1. Share the following information with the participants as you show the slide show.
Note to instructor: There are many videos in the slide presentation that will demonstrate a variety of taping and wrapping techniques. In lieu of showing the videos, you could opt to do a live demo in class using a participant or a manikin, or you could create your own demo videos for participants if they are learning remotely.

Slide 2: Today, we are going to learn taping and wrapping skills for the upper body. We will learn the shoulder spica wrap, finger taping, thumb taping, and wrist taping.

Slide 3: The first technique we are going to learn about is the shoulder spica. The shoulder spica is used to provide support and stability to an unstable shoulder. It can also be used to prevent excessive abduction and external rotation of the shoulder. A shoulder spica can also be used to hold protective padding in place on the shoulder.

The shoulder spica is used for an AC sprain, compression wrap to control swelling, or limit ROM of the shoulder following subluxation or dislocation. The supplies needed to perform the shoulder spica wrap are a 4- or 6-inch double-

length ace wrap (depending on the size of the person being wrapped) and stretch tape.

Slide 4: Watch shoulder spica wrap video.

Slide 5: The next tape job we are going to learn is finger tape, or buddy taping. This tape job provides support to the finger joints.

It is used to treat collateral ligament injuries, finger sprains, finger dislocations and subluxations, and finger fractures.

The supplies needed to complete a finger tape job are tuf-skin, white tape, and optional stretch tape.

Slide 6: Watch video on how to perform finger taping.

Slide 7: Thumb taping is next. The purpose of performing a thumb tape job is to support and limit the ROM of the MCP joint of the thumb. It is used for thumb sprains, thumb dislocations, and thumb subluxations.

This tape job requires tuf-skin, pre-wrap (optional), white tape, and stretch tape (optional).

Slide 8: Watch the video of how to tape a thumb.

Slide 9: The final tape job for the upper extremity is the wrist tape. The purpose of the wrist tape is to prevent excessive hyperextension or hyperflexion of the wrist. It is used for wrist sprain and TFCC injuries.

The supplies needed for the wrist tape job are tuf-skin, pre-wrap, and white tape.

Slide 10: Watch the video of how to perform wrist taping.

Lesson 4 – Upper Extremity Taping and Wrapping

REVIEW: Hands-on Wrist Taping Experience

30-35 minutes

Purpose:

Participants will work together in small groups to learn how to tape a wrist.

Materials:

- *Wrist Taping Checklist*
- White tape
- Pre-wrap

Facilitation Steps:

1. Place participants in groups of 2-4.
2. Provide each participant with a copy of the *Wrist Taping Checklist*.
3. Handout taping supplies to each group.
4. Walk around the class as participants attempt to tape, offering help where needed.

Wrist Taping Checklist

Skills Check-Off 	Skill
	Apply a thin layer of pre-wrap to the hand and wrist area
	Apply anchor strips, 2 at the base of the forearm muscles and 1 around the hand
	Measure 3 strips for the fan, ensuring that the strips of tape are slightly longer than the anchor strips
	Secure the fan into the palm of the hand with 1-2 strips of tape
	Secure the other end of the fan with 2 additional strips of tape
	Apply 1 figure 8 around the wrist
	Apply closing strips to finish tape job

Sources

1. Beam, J. (2021). Orthopedic taping, wrapping, bracing, and padding. F.A. Davis Company.
2. Pygeorge, S. (2017, June 1). ACE elastic bandage wrap for shoulder [Video]. YouTube.
<https://www.youtube.com/watch?v=mnmJZ1WxLhw&t=18s>
3. Pygeorge, S. (2017, June 6). Buddy tape job with coflex compression wrap [Video]. YouTube.
<https://www.youtube.com/watch?v=1RORRQu5cOc&t=2s>
4. Pygeorge, S. (2017, March 20). Hyperextension wrist tape job [Video]. YouTube.
<https://www.youtube.com/watch?v=rej6p2qtjBw&t=281s>
5. Pygeorge, S. (2017, March 10). Triple figure eight thumb tape job [Video]. YouTube.
<https://www.youtube.com/watch?v=gY-udouA>