

# SPORT TAPING BASICS DVD

**Step-by-step demonstrations  
of 22 taping procedures**



**DAVID H. PERRIN**

# Sport Taping Basics Dvd Edition

**Thomas John Hewetson, Karin  
Austin, Kathryn Gwynn-Brett, Sarah  
Marshall**



## **Sport Taping Basics Dvd Edition:**

*Athletic Taping and Bracing* David H Perrin, PhD, Atc, FACSM, David H. Perrin, 2005 Completely overhauled and updated *Athletic Taping and Bracing* Second Edition is a leading text in its field Like the popular first edition it continues to integrate the science of anatomy and injury mechanisms with the practice of athletic taping and bracing The new edition is updated to reflect changes in the National Athletic Trainers Association NATA Education Council s Competencies in Athletic Training and the fourth edition of the NATA Board of Certification s Role Delineation Study Both students and professionals will use this text time and again as a reliable reference *Athletic Taping and Bracing* Second Edition has been significantly improved with the addition of more than 450 full color illustrations and photos These include 60 superb three dimensional anatomical images from Primal Pictures The photos that illustrate taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region It also contains step by step instructions for 36 taping and wrapping procedures some of which are broken down into as many as 16 steps It illustrates procedures for fabricating protective pads and orthotics and it details the dos and don ts of taping and bracing To emphasize rehabilitation as well as prevention *Athletic Taping and Bracing* Second Edition also presents basic stretching and strengthening exercises for injury rehabilitation These exercises presented and illustrated for each body part focus on flexibility strength and proprioception Combined with the taping and bracing procedures the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play Through *Athletic Taping and Bracing* Second Edition readers will learn the foundations and techniques of taping and bracing Taping and bracing are presented as adjuncts to rather than panaceas for the athlete s total rehabilitation The emphasis on rehabilitation as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems To complement the text the companion *Sport Taping Basics* DVD is also available The DVD brings the book to life by visually demonstrating 22 specific procedures Each procedure is shown in its entirety without disruption The taping procedure is then shown again to highlight the key steps of the procedure and includes close ups and correct positioning of the athletic trainer and athlete making the demonstrations easy to follow Perrin also demonstrates how to properly cut tear and remove tape Based on the previous *Sport Taping Basics* video set the expanded content and convenient DVD format makes it fast and simple for you to find and select the specific taping procedure you want to review *Athletic Taping and Bracing* Second Edition and the *Sport Taping Basics* DVD captures the art and science of taping and bracing through detailed explanations spectacular images and clear demonstrations Working individually or in tandem with one another the book and

DVD stay in step with current NATA competencies and practices and offer top quality instruction With all this Athletic Taping and Bracing Second Edition and Sport Taping Basics DVD are the premier instructional taping resources in the athletic training field HK DVDs are coded for universal playback and can be played in all regions of the world **Video Source Book** ,2008 **The Australian Journal of Physiotherapy** ,2006 *Book of Business Lists* ,2004 Los Angeles Magazine ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian *Indianapolis Monthly* ,2001-12 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape *Brands and Their Companies* ,2007 **Video Magazine** ,1997 **Index de Périodiques Canadiens** ,1964 **The Video Librarian** ,2003 An Illustrated Guide To Taping Techniques Thomas John Hewetson,Karin Austin,Kathryn Gwynn-Brett,Sarah Marshall,2009-12-11 This successful and acclaimed guide has now been fully updated and expanded in its second edition Injuries are a constant problem in sporting life and often require immediate on the spot action to alleviate pain and limit further damage this book addresses the two most essential elements of effective taping recognition of injuries and application of techniques Accessible portable and easy to use the book is organized into two sections the first covers taping supplies and their use taping objectives guidelines basic pathology and key taping strategies the second shows taping techniques in precise step by step stages illustrated by color photographs Techniques are further illustrated by physical demonstration in the DVD accompanying the book Good taping is a matter of practice but this book goes further than simply showing HOW to tape it explores the reasons WHY we tape and the therapeutic effect it has on the physiology neurophysiology biomechanics neuromusculoskeletal system and psychology of an individual The possible adverse reactions to these systems are also covered as well as dermatological adverse reactions Easy to use step by step pictorial presentation Demonstrates techniques to provide immediate pain relief as well as the best environment for healing Includes detailed charts to help identify the injury and select the most appropriate taping technique Illustrates and clarifies basic soft tissue anatomy and physiology Portable on field manual Describes selection and use of taping material New color photographs and anatomical illustrations DVD with videoclips of taping techniques **Sports taping basics. Lower body** ,1998 **The New York Times Index** ,2003 Sports taping basics. Upper body ,1998 **Athletic Taping and Bracing** David H. Perrin,2012-02-03 The premier text for athletic taping and bracing is now revised in a stunning third edition Athletic Taping and Bracing retains its

emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing Plus the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping Athletic Taping and Bracing Third Edition includes more than 480 full color illustrations and photos providing invaluable visual aids for both students and professionals These include superb three dimensional anatomical images from Primal Pictures The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region The third edition adds step by step instructions for 10 additional techniques including elastic kinesiology taping and rigid strap taping techniques for gastrocnemius strains Achilles tendinitis and arch problems knee quadriceps and hip problems shoulder and elbow hyperextension laxity epicondylitis and wrist and hand issues The book also features newly added instructor resources consisting of an image bank and testing checklists to help students master the taping procedures The text covers the 46 most frequently applied taping and bracing procedures in clinical practice some of which are broken down into as many as 16 steps It illustrates procedures for fabricating protective pads and orthotics and it details the dos and don'ts of taping and bracing To emphasize rehabilitation as well as prevention Athletic Taping and Bracing Third Edition also presents basic stretching and strengthening exercises for injury rehabilitation These exercises presented and illustrated for each body part focus on flexibility strength and proprioception Combined with the taping and bracing procedures the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play With Athletic Taping and Bracing Third Edition readers will learn the evidence based foundations and techniques of taping and bracing as well as how taping and bracing can aid an athlete's total rehabilitation The coverage of rehabilitation exercises as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems

**Lower Body + Upper Body** David H. Perrin, Human Kinetics (Organization), 1996-05-24 Producer In this video athletic trainers demonstrate 15 specific taping techniques The Lower Body video includes nine recommended taping procedures for injuries to the ankle toe arch knee hip and hamstring Upper Body covers six procedures for the finger thumb shoulder elbow and wrist

**Comprehensive Manual of Taping, Wrapping and Protective Devices** Kenneth E. Wright (Sport management program director), Melvin Lewis (National sales director), Scott Barker (Athletic trainer), Randy Deere, 2018-03-02 Recognized as the most comprehensive text in taping wrapping and protective devices for health care professionals the fifth edition of the Comprehensive Manual of Taping Wrapping Protective Devices 2017 has been enhanced by the addition of selected audio and video segments kinesiology taping techniques and an in depth visual display of

protective devices Obtaining knowledge from renowned experts in sports medicine health care this text displays and describes a step by step process in the application of taping and wrapping products along with a listing of protective devices that could be utilized in preventing the severity of injuries The Comprehensive Manual of Taping Wrapping Protective Devices features online supplements along with instructional resources Online companion resources include video images and other resources the authors have provided as supplemental information for the text

**Athletic Taping, Bracing, and Casting, 4E** Perrin, David H.,McLeod, Ian,2019 Athletic Taping Bracing and Casting features step by step instructions for the most common and frequently applied taping bracing and casting procedures in clinical practice

Therapeutic Taping for Musculoskeletal Conditions - E-Book Maria Constantinou,Mark Brown,2010-10-05 Therapeutic Taping for Musculoskeletal Conditions explores a range of taping techniques that can be used by physical and sports therapists and manual therapists Embedded in a scientific context and supported by current evidence based practice and research this practical text is structured around the quadrants of the body and is highly illustrated each technique is also demonstrated on the accompanying DVD Many manual therapists use taping techniques as an adjunct to their treatments Taping is a relatively easy treatment modality that is portable and can be used in a variety of settings from the sporting field to the private practice or hospital ward This text will appeal to professionals wanting to expand their treatment techniques and students developing their expertise in the treatment of musculoskeletal conditions each technique is underpinned by current evidence based practice and or research fully illustrated with clear step by step instructions accompanying DVD demonstrating 80 taping techniques for self directed learning based on body quadrants with anatomical drawings to assist with correct tape placement

**Basic Principles of Taping Techniques in Sports Rehabilitation** Shaji John Kachanathu,2013 Taping techniques have been undergone a considerable metamorphosis over the past few years The Taping Technique is an art and scientific approach by using adhesive tape as a productive and functional tool Art of techniques depends on the ability to apply the tape with proper technique to fulfill particular aim and objective of the individual It has been scientifically proven by researches for its effectiveness in most of the techniques for different purposes i e prevention treatment and rehabilitation of musculoskeletal injuries New ideas and innovative technique will lead the reader into the evidence based clinical practice for this point of view current book also included previous researches and its outcomes concluded with references Overall intention of Basic principles of taping techniques in sports rehabilitation is to make understand all health professionals about the correct technique and increase its practice in various musculoskeletal injuries or conditions This book aims at sports persons coaches sports physical therapist and post and undergraduate students of physical therapy sports and rehabilitation sciences

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