

General Rules of Taping:

1. Prepare and inspect skin prior to taping
2. Know your landmarks or areas of concern
3. place in protected position
4. Provide adequate anchors
5. Always pull to support injury
6. Overlap tape by at least $\frac{1}{2}$ - never put one piece of tape directly on another
7. Don't fight the tape
8. Apply as little underwrap as feasible
9. Limit no gapping or wrinkles
10. don't tape around a muscle belly
11. don't cut off circulation
12. always lock your tape in place

Tape is only effective for 1-3 hours depending upon activity