

# Sport Taping Basics DVD-2nd Edition

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## Reviews

Undoubtedly, this is the best work by any author. It is really simplified but shocks within the 50 % in the publication. Its been written in an extremely straightforward way and is particularly just following i finished reading this publication by which basically altered me, modify the way in my opinion. (Vivianne Dietrich)

### SPORT TAPING BASICS DVD-2ND EDITION



Human Kinetics Publishers, United States, 2012. Digital. Condition: New. 2nd edition. Language: English . Brand New Book. Watch Sport Taping Basics DVD, Second Edition, and have a hall-of-fame athletic trainer conduct a taping workshop just for you. As the perfect complement to the popular text Athletic Taping and Bracing, Third Edition, the DVD provides a simple, straightforward tutorial on using tape to help prevent injuries and to rehabilitate injured athletes. Taping expert David Perrin, PhD, ATC, teams with Anne Keil, PT, DPT, to demonstrate 32 procedures by showing the entire uninterrupted process of taping a body part. The taping procedure is then shown again to highlight the key steps of the procedure. It includes close-ups and correct positioning of the athletic trainer and athlete, making the demonstrations easy for the viewer to follow. Perrin also demonstrates how to cut, tear, and remove tape. Expanded from the previous Sport Taping Basics DVD, the second-edition DVD demonstrates 19 recommended taping procedures for common injuries to the lower body (ankle, foot, leg, knee, hip, and thigh) and 13 procedures for the upper body (shoulder, elbow, wrist, thumb, and finger). Incorporated into those procedures for the second edition are 11 new strap taping and kinesiology taping techniques. You can select the specific taping procedure you want to review from the DVD menu, making it fast and simple to find the procedure needed. Perrin also gives advice on the use of appropriate taping equipment for specific injuries, including when to use elastic or inelastic tape, adhesive spray, moleskin, anchor strips, friction pads, and underwrap. He discusses alternative taping techniques to use for various injuries--for example, how to tape an ankle sprain with an inversion versus an eversion--so the correct procedure can be applied. With its concise descriptions and detailed demonstrations, Sport Taping Basics DVD, Second...

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