

ELBOW TAPING TUTORIAL

Basic four-step support taping sequence

1 Step 1 — Apply pre-wrap and anchor strips



2 Step 2 — Apply support strips



3 Step 3 — Add figure-eight support



4 Step 4 — Close, secure, and check fit



IMPORTANT: Tape should feel snug and supportive, not tight or painful. If you experience numbness, tingling, or discoloration, remove and retape.