**Sports Taping**

Some general information:

<http://www.podiatrytoday.com/essential-insights-athletic-taping-common-sports-injuries>

There are many ways to tape injuries for support and we can research how to tape almost everybody part to tape and support. When taping we must consider the injury and what we are trying to support and fix with the tape because it might change the way tape the ankle or other body part. As we watch and learn from each of these videos, you will need to write down the joint we are taping, keys to taping, and what we are trying to support (kind of movement).

Ankle

<https://www.youtube.com/watch?v=0lyAtixAMGE> <https://www.youtube.com/watch?v=QqVDL9WQTG0> Taping own ankle

Leg

<https://www.youtube.com/watch?v=rUqNkbXY1bA> Achilles Tendon

<https://www.youtube.com/watch?v=Xt_9wzB8Drk> Shin splints

Knee

<https://www.youtube.com/watch?v=sBgwY7cf_vI> General

<https://www.youtube.com/watch?v=JVMTGuFmE8w> ACL

<https://www.youtube.com/watch?v=bVd2o_ysgHo> MCL

Shoulder

<https://www.youtube.com/watch?v=lSMuEK_Vc48>

Elbow

<https://www.youtube.com/watch?v=Pn30EPH_vGo>

Wrist

<https://www.youtube.com/watch?v=Pn30EPH_vGo>

Thumb

<https://www.youtube.com/watch?v=FeSw--hAJKs>

<https://www.youtube.com/watch?v=xI4kn0oUBqU> Own taping