



ANDOVER HEALTHCARE



PowerFlex[®]
ULTIMATE TAPING SYSTEM
TAPING GUIDE

WHICH ANDOVER TAPE IS BEST FOR YOU?

Many factors enter into play when choosing a taping system for your athletes. Time, budget & support level are a few. Andover's multiple taping options can assist you in choosing the best product for your needs.

Taping Methods & Support Chart

Traditional Taping	Budget Speed Taping	Power Taping	ULTIMATE Taping
Pre-wrap + Cotton Tape	PowerFlex [®] or PowerSpeed [™] + Andover Synthetic Tape or Cotton Tape <i>(with heel locks & stirrups only)</i>	PowerFlex [®] + Cotton Tape	PowerFlex [®] + Andover Synthetic Tape (PowerPro [™] , PowerTape [®] or VictoryTape [™])

LEAST SUPPORT

MOST SUPPORT

Andover's Synthetic Tapes Low Stretch = Long-Lasting Support *(1% or less stretch)*

PowerPro [™]	PowerTape [®]	VictoryTape [™]
<p>BEST if you want adhesive tape</p> <ul style="list-style-type: none"> • Great alternative to premium cotton adhesive tapes • Crisp, easy tear • Used over PowerFlex, pre-wrap or skin 	<p>BEST if you want maximum support</p> <ul style="list-style-type: none"> • Great for sweat & water resistance • Original, maximum ultimate taping support • Used over PowerFlex cohesive base 	<p>BEST if you want a cohesive support system on a budget</p> <ul style="list-style-type: none"> • Great for sweat & water resistance • Easy tear • Used over PowerFlex cohesive base



PowerFlex®

ULTIMATE TAPING SYSTEM

Andover's unique synthetic taping systems offer superior pre & post injury support for athletes. With PowerFlex® as the base layer, professionals can now choose from 3 tape options as the top layer for an Ultimate Taping System.

Step 1

- ✓ Apply PowerFlex directly to the skin with proper un-wind tension
- ✓ Remove all stretch when applying



Step 2

- ✓ Cover PowerFlex with PowerTape, VictoryTape, or PowerPro



* When applied at full stretch, will give maximum support & will not slip, slide or migrate.



POST-INJURY
TURF TOE/ANKLE
COMBINATION

BASIC PREVENTIVE
WRIST/HAND/THUMB



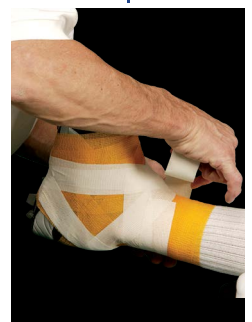
POST-INJURY
TURF TOE

REGULAR OR BASIC
PREVENTIVE ANKLE



POST-INJURY
ELBOW

SPEED SPATTING



PowerFlex® ULTIMATE TAPING SYSTEM

LATEX
Contains
Natural
Rubber
Latex

ANKLE

- PREVENTIVE + POST-INJURY TAPING -

The taping methods demonstrated here can be used for basic ankle injury prevention, ankle post-injury stability, and various post-injury situations. These techniques show multiple ways to provide injury prevention and post-injury stability for inversions, eversions and high ankle sprains.

REGULAR OR BASIC PREVENTIVE ANKLE:

“

PowerTape is the next natural step in providing your athletes with the most complete protective taping system available.

*Jerry Weber, A.T.C., P.T.
Head Athletic Trainer
University of Nebraska - Lincoln*



Figure 1.1



Figure 1.2



Figure 1.3



Figure 1.4

2.75" or 2" PowerFlex and 1.5" or 2" PowerTape, VictoryTape, or PowerPro (See figures 1.1 - 1.4)

TAPING METHODS TO PREVENT INJURY

PowerFlex[®]
+
PowerTape[®]

PowerFlex[®]
+
VictoryTape[™]

PowerFlex[®]
+
PowerPro[™]

ANKLE

- PREVENTIVE + POST-INJURY TAPING -



PREVENTIVE ANKLE VARIATION -
SPEED TAPING (FULL):



Figure 1.5

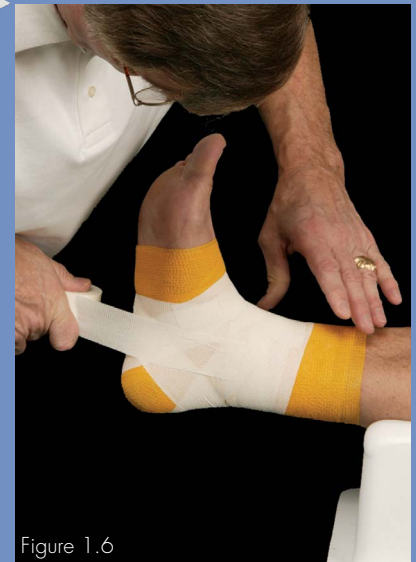


Figure 1.6



Figure 1.7



Figure 1.8

NEW.
INNOVATIVE.
DIFFERENT.

2.75" or 2" PowerFlex and 1.5" or 2" PowerTape, VictoryTape, or PowerPro (See figures 1.5 - 1.8)

PowerFlex®

ULTIMATE TAPING SYSTEM



Contains
Natural
Rubber
Latex

ANKLE

- PREVENTIVE + POST-INJURY TAPING -



PREVENTIVE ANKLE VARIATION - SPEED TAPING (MODIFIED):

“

PowerFlex and PowerTape together allow the athletic trainer to apply a preventive and protective tape job that maintains its integrity longer and doesn't get "soggy" with sweat, and thus is less likely to loosen.

*Jerry Weber, A.T.C., P.T.
Head Athletic Trainer
University of Nebraska - Lincoln*



Figure 1.9



Figure 1.10



Figure 1.11



Figure 1.12

2.75" or 2" PowerFlex and 1.5" or 2" PowerTape, VictoryTape, or PowerPro (See figures 1.9 - 1.12)

TAPING METHODS TO PREVENT INJURY

PowerFlex[®]
+
PowerTape[®]

PowerFlex[®]
+
VictoryTape[™]

PowerFlex[®]
+
PowerPro[™]

ANKLE

- PREVENTIVE + POST-INJURY TAPING -



REGULAR OR BASIC PREVENTIVE
WRIST/HAND/THUMB:



Figure 1.13

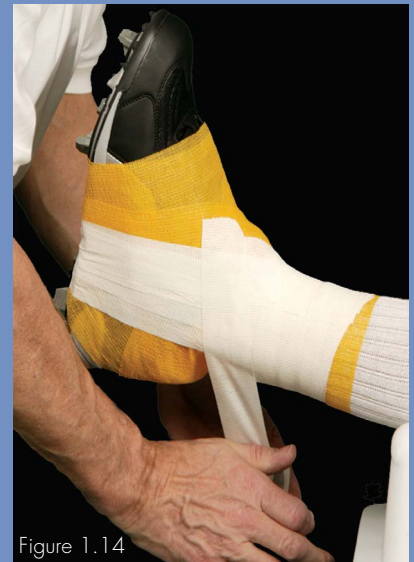


Figure 1.14

NEW.
INNOVATIVE.
DIFFERENT.

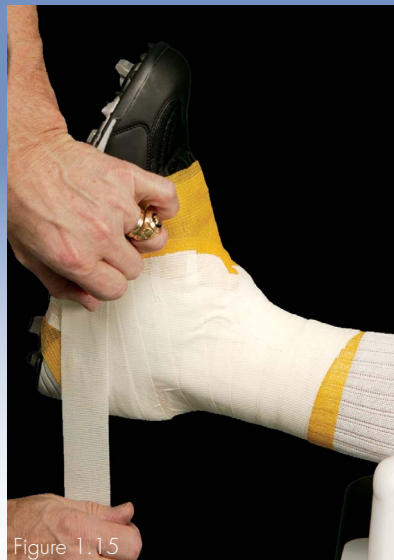


Figure 1.15

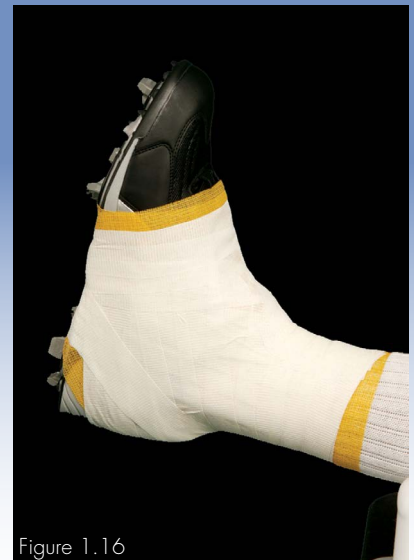


Figure 1.16

2.75" or 3" PowerFlex and 1.5" or 2" PowerTape, VictoryTape, or PowerPro (See figures 1.13 - 1.16)

PowerFlex® ULTIMATE TAPING SYSTEM

LATEX
Contains
Natural
Rubber
Latex

ANKLE

- PREVENTIVE + POST-INJURY TAPING -



PREVENTIVE ANKLE VARIATION - SPATTING (MODIFIED/SPEED SPATTING):

“

*I definitely recommend
trying PowerTape.*

*Andy Clawson, M.S., A.T.C.
Director of Sports Medicine
The Citadel*

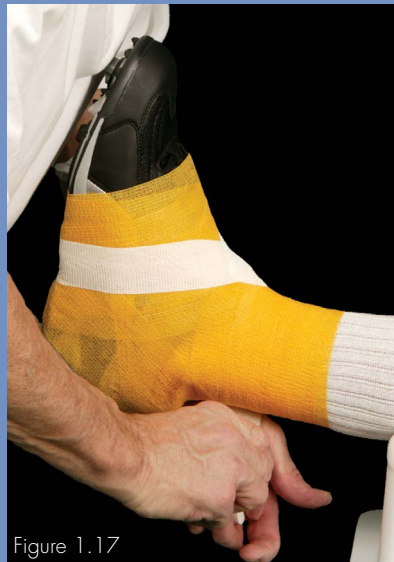


Figure 1.17

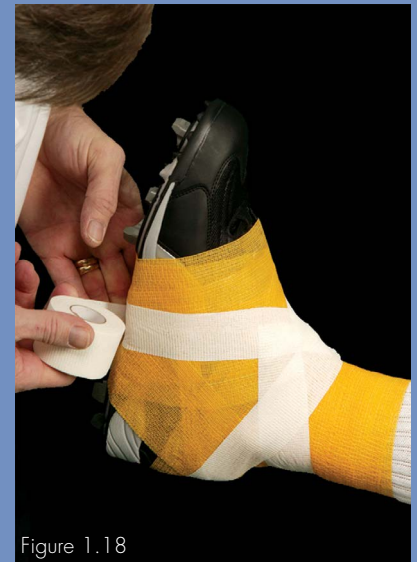


Figure 1.18

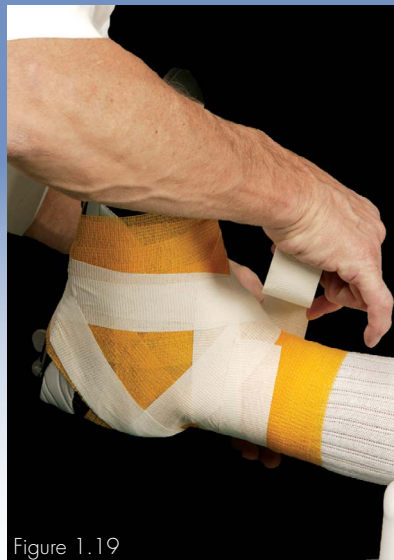


Figure 1.19

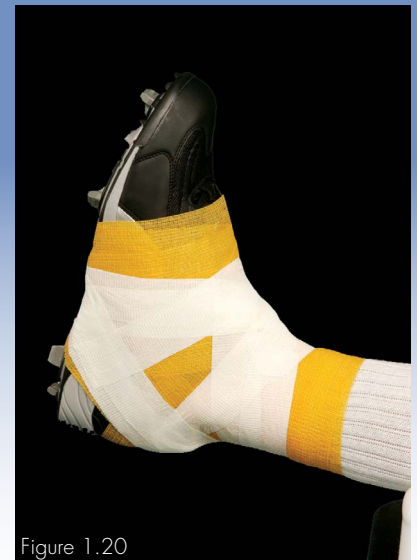


Figure 1.20

2.75" or 2" PowerFlex and 1.5" or 2" PowerTape, VictoryTape, or PowerPro (See figures 1.17 - 1.20)

TAPING METHODS TO PREVENT INJURY

PowerFlex[®]
+
PowerTape[®]

PowerFlex[®]
+
VictoryTape[™]

PowerFlex[®]
+
PowerPro[™]

UPPER EXTREMITY

- PREVENTIVE + POST-INJURY TAPING -

The taping methods shown here can be used for wrist, hand, thumb, and elbow injury prevention, post-injury stability, and various post-injury situations requiring special taping. These techniques provide post-injury support for sprains and strains of these upper extremity areas.

REGULAR OR BASIC PREVENTIVE WRIST/HAND/THUMB:



Figure 2.1



Figure 2.2



Figure 2.3

2" or 1.5" PowerFlex and 1.5" or 1" PowerTape, VictoryTape, or PowerPro (See figures 2.1 - 2.3)

POST-INJURY WRIST VARIATION:



Figure 2.4



Figure 2.5



Figure 2.6

2" or 1.5" PowerFlex and 1.5" or 1" PowerTape, VictoryTape, or PowerPro (See figures 2.4 - 2.6)



PowerFlex® ULTIMATE TAPING SYSTEM

LATEX
Contains
Natural
Rubber
Latex

UPPER EXTREMITY

- PREVENTIVE + POST-INJURY TAPING -

REGULAR OR BASIC PREVENTIVE THUMB:



Figure 2.7



Figure 2.8



Figure 2.9

2" or 1.5 PowerFlex, 1.5" & 1" PowerTape, VictoryTape, or PowerPro (See figures 2.7 - 2.9)

POST-INJURY THUMB:



Figure 2.10



Figure 2.11



Figure 2.12

2" or 1.5 PowerFlex, 1.5" & 1" PowerTape, VictoryTape, or PowerPro (See figures 2.10 - 2.12)

WRIST:



Figure 2.13



Figure 2.14



Figure 2.15

2" PowerFlex and 1.5" PowerTape, VictoryTape, or PowerPro (See figures 2.13 - 2.15)

TAPING METHODS TO PREVENT INJURY

PowerFlex[®]
+
PowerTape[®]

PowerFlex[®]
+
VictoryTape[™]

PowerFlex[®]
+
PowerPro[™]

UPPER EXTREMITY

- PREVENTIVE + POST-INJURY TAPING -



POST-INJURY ELBOW:

“

Strongest post-injury taping system that provides maximum stability and range of motion control which is vital to preventing re-injury.

Ron O'Neil, B.S.
Consultant

Sports Medicine Education
Research and Development
Andover Healthcare

“

The combination of PowerFlex and PowerTape has some unique characteristics that are very advantageous in the protective strapping of our athletes.

Andy Clawson, M.S., A.T.C.
Director of Sports Medicine
The Citadel



Figure 2.16



Figure 2.17



Figure 2.18

2.75" or 3" PowerFlex and 1.5" or 2" PowerTape, VictoryTape, or PowerPro (See figures 2.16 - 2.18)

PowerFlex® ULTIMATE TAPING SYSTEM

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Natural
Rubber
Latex

ARCH, MID-FOOT, GREAT TOE
- PREVENTIVE + POST-INJURY TAPING -

The taping methods here can be used for basic arch, mid-foot, and great toe injury prevention and post-injury stability requiring special taping. These techniques provide post-injury support for sprains and strains of the foot.

PREVENTIVE VARIATION - FOOT ARCH POST-INJURY:

“

What sets PowerTape apart is that it contains virtually no stretch - less than 1%. Traditional cloth trainers tape contains 5 - 6% stretch.

*Ron O'Neil, B.S.
Consultant
Sports Medicine Education
Research and Development
Andover Healthcare*



Figure 3.1



Figure 3.2



Figure 3.3



2.75" or 2" PowerFlex and 1.5" or 2" PowerTape, VictoryTape, or PowerPro (See figures 3.1 - 3.3)

TAPING METHODS TO PREVENT INJURY

PowerFlex[®]
+
PowerTape[®]

PowerFlex[®]
+
VictoryTape[™]

PowerFlex[®]
+
PowerPro[™]

ARCH, MID-FOOT, GREAT TOE

- PREVENTIVE + POST-INJURY TAPING -



POST-INJURY TURF TOE:



Figure 3.4



Figure 3.5



Figure 3.6



Figure 3.7

NEW.
INNOVATIVE.
DIFFERENT.

2" PowerFlex, 1" PowerFlex and 1.5" PowerTape, VictoryTape, or PowerPro (See figures 3.4 - 3.7)

PowerFlex®

ULTIMATE TAPING SYSTEM



Contains
Natural
Rubber
Latex

ARCH, MID-FOOT, GREAT TOE
- PREVENTIVE + POST-INJURY TAPING -



POST-INJURY VARIATION - TURF TOE/ANKLE COMBINATION:

“

With so many positive performance and protection factors, it just makes sense to use the Andover combination of PowerFlex and PowerTape.

*Jerry Weber, A.T.C., P.T.
Head Athletic Trainer
University of Nebraska - Lincoln*



Figure 3.8



Figure 3.9



Figure 3.10



Figure 3.11

2.75" or 2" PowerFlex, 1" PowerFlex and 1", 1.5" or 2" PowerTape, VictoryTape, or PowerPro (See figures 3.8 - 3.11)

PowerFlex®/PowerTape® BUDGET TAPING METHOD

Better Protection
.....
Less Money!

1 ROLL
PowerFlex®

+

1 ROLL
PowerTape®

=

2 ANKLES



Up to 63% cost savings
over Traditional Taping*

*Based on estimated
per ankle costs

Step 1

WRAP POWERFLEX 2" to 3"
ABOVE THE ANKLE BONES



Step 2

APPLY POWERTAPE WITH
1 TOP ANCHOR AND 3-4
SHORT STIRRUPS



Step 3

CONTINUE WRAPPING
POWERTAPE WITH
COMBINATION FIGURE 8
& HEEL-LOCK



Step 4

FINISH WITH 2 CIRCULAR STRIPS
(TOP & BOTTOM OF TAPING) TO CLOSE





Taping Methods Video Textbook features Ron O'Neil, formerly a certified athletic trainer with more than 37 years of experience - 29 years as an athletic trainer with the National Football League. This DVD offers product application guidance and techniques to provide prevention of injury and post-injury protection and stabilization. The techniques detailed have been used by Ron throughout his career as an athletic trainer. Many of the taping methods in this textbook are unique to Ron and haven't been taught before.



Ron O'Neil, B.S.
Consultant
Sports Medicine Education
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