Taping Case Study

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| Injured Structure: gastrocnemius and soleus |
| Area Preparation: Wiped down bed and applied bed roll to the bed for the client to sit on. Put ankle at 45-degree angle |
| Equipment used: kinesiology Tape, scissors and massage bed |
| Step-by-step process of application    First got a strip of Kinesiology tape and measured out the length of tape I would need which was roughly from the heel to 3 quarters of the way up the calf of the client after I had the first strip I used it as a measure for the second strip  Secondly put the client’s ankle at a 45-degree angle  Thirdly I got the tape and applied it starting at the insertion point at the heel making sure there was tension on the tape all the way till I go to the top of the calf muscle.  I repeated this on the other side of the calf muscles as the gastrocnemius has two heads  I made sure that both strips of tape were connected at the insertion point. |
| Critical Review of your taping application  When taping I didn’t cut off the corners meaning it was easier for the strips to begin to roll off and lose their adhesiveness |
| Image *Attach a photo of your application here* |