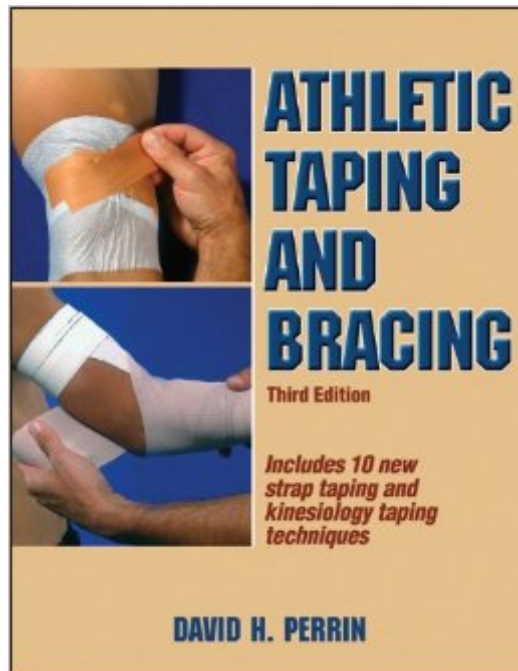


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# Athletic Taping And Bracing-3rd Edition



## Synopsis

The premier text for athletic taping and bracing is now revised in a stunning third edition. *Athletic Taping and Bracing* retains its emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Plus, the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping. *Athletic Taping and Bracing, Third Edition*, includes more than 480 full-color illustrations and photos, providing invaluable visual aids for both students and professionals. These include superb three-dimensional anatomical images from Primal Pictures. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. The third edition adds step-by-step instructions for 10 additional techniques, including elastic kinesiology taping and rigid strap taping techniques for gastrocnemius strains, Achilles tendinitis, and arch problems; knee, quadriceps, and hip problems; shoulder and elbow hyperextension laxity; epicondylitis; and wrist and hand issues. The book also features newly added instructor resources consisting of an image bank and testing checklists to help students master the taping procedures. The text covers the 46 most frequently applied taping and bracing procedures in clinical practice, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, *Athletic Taping and Bracing, Third Edition*, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play. With *Athletic Taping and Bracing, Third Edition*, readers will learn the evidence-based foundations and techniques of taping and bracing, as well as how taping and bracing can aid an athlete's total rehabilitation. The coverage of rehabilitation exercises as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems. v

## Book Information

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## Customer Reviews

This book is being used as a text for Athletic Training classes. Although most universities undoubtedly use different techniques for their taping procedures, this book presents viable ways of getting the job done. Most of the sections have discussion of kinesiology taping tacked on. The sections tend to be rather short and incomplete and look like they are an afterthought. Kinesiology taping is taking off in popularity (the tape in the Olympics and other sports events) and the authors likely wanted to make it look like they are aware of this. I think it might have been better to just keep this information out of this book. The authors use a black border on the tape which, although making the tape look dirty in the pictures, does the trick for keeping the tape lines clean. This is great as a teaching tool and was well thought out. There are plenty of pictures to help students figure out the taping methods. I think the price is steep for such a small soft-cover manual, but it is what it is...a useful text likely mandatory for many Athletic Training students.

The taping and bracing concepts listed in the book are very helpful and concise in its presentation. I purchased it as an additional resource to go along with my athletic training course and have found it very useful and helpful in refreshing that which I was taught in the classroom.

I bought this book for a couple injuries I have, I feel I understand more taping procedures and why they tape

Great information! I purchased this book to help me better understand some taping methods for my undergraduate Athletic Training education. It has good explanations in the text and good pictures.

Provides updated, relevant and important professional information. Absolutely essential for all ATC and personal trainers--you won't be disappointed at all.

My daughter used this for college. It was a required text. We are thankful that we were able to find it on for a lot cheaper than the school.

I like this book I have been using it for a while now useful for trainers, athletes. one of the best taping book on the market

My daughter is studying Athletic Training and uses this book quite a bit. As an EMT in a prior life it's a good resource for me as well.

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