



Taping Golfer's Elbow

For Stability and Pain Inside/Medial side of Elbow

HOW CAN HEALI HELP?

- Menthol for temporary pain relief
- Magnesium to promote healing
- Tape to help with Stability, Relieve pressure and help improve Muscle Function

WHY IS THIS HAPPENING?

Many possible reasons such as : Muscle Pain due to Overuse, Sprains, Strains Swelling etc..

WHAT IS CAUSING THIS?

Many possible reasons such as : Overuse , Muscle Imbalances, Soft tissue injuries, Grip Injuries



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WHAT YOU NEED?

Clean Body Part Before Applying
(no Oils or Lotions)

- (1) x FULL STRIPS
- (2) x 1/2 STRIP



1

1/2

1/2

STEP 1

- (A) Cut Strip in 1/2 to create a 1/2 strip
- (B) Round Edges of 1/2 strip



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STEP 2

- (A) Tear the Backing Strip in Centre
- (B) Peel the Backing Paper - Moving From the Centre Outwards.
Be careful NOT to touch the tape
- (C) Familiarize yourself with Working Zones and Anchor Zones of Tape (Avoid the tape stretching in the Anchor Zones)

AFTER APPLYING TAPE BE SURE TO RUB TAPE TO ACTIVATE INGREDIENTS AND HELP WITH STICK

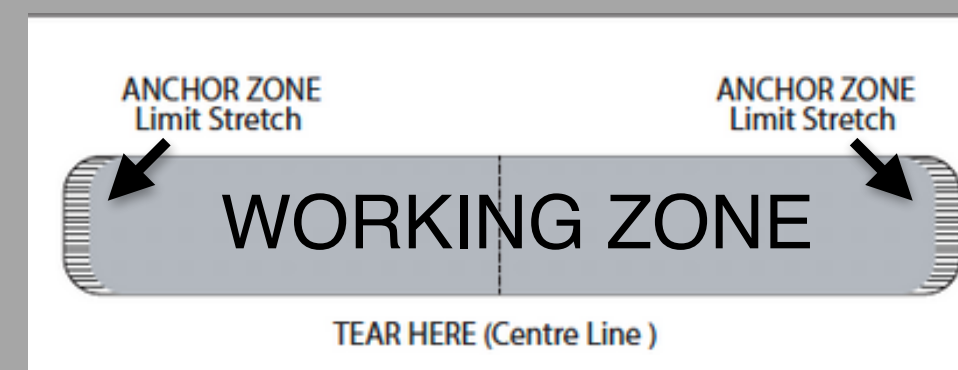
A



B



C



STEP 3

Bend Arm to make a 90 degree angle
(fist towards the sky)



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STEP 4

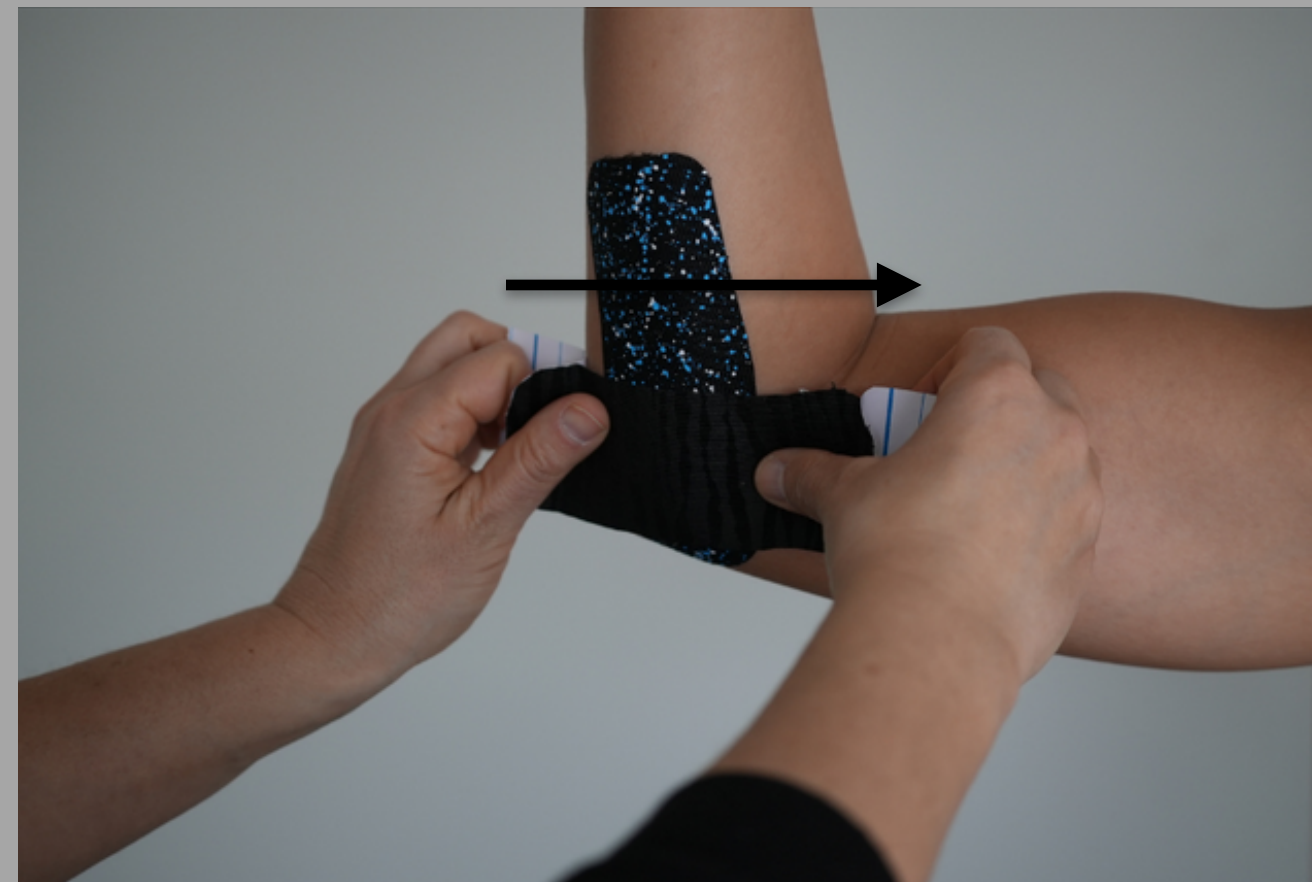
A) Take First ½ strip and Apply over point of pain (bump) moving up the forearm (bottom portion should be covering the medial epicondyle)

B) Take Second ½ strip and Apply over point of pain (bump) (covering the medial epicondyle) across the forearm. Tape will make an (x) or (+) sign with the first 1/2 strip of applied tape (A)

A



B



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STEP 4

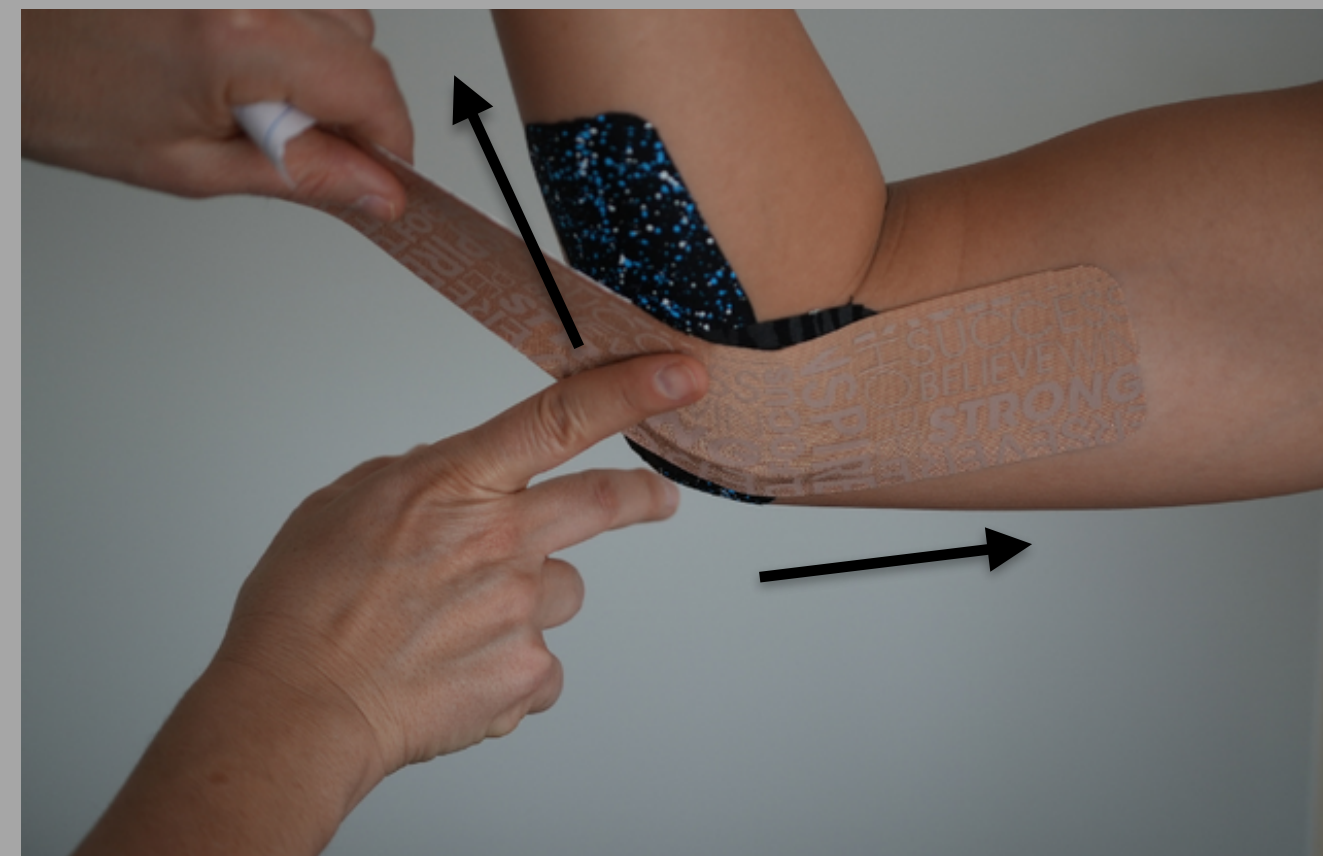
TAPE 3 – FULL STRIP

- Center portion over most painful area (bump/medial epicondyle)
- Run the tape up the top portion of the arm - along inside of upper arm towards shoulder (A)
- Use your fingers to help curve the tape around so that the bottom portion can run along inside of forearm towards hand (B)

A



B



C

