

SPORTS TAPING AND SPLINTING

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KNEE SPLINTS

- CRICKET PAD SPLINT
- OFTEN USED FOR KNEE STABILITY, PATELLA FRACTURES, STABLE KNEE FRACTURES AND OA
- PRODUCES STIFFNESS IN KNEE



BELOW KNEE BACKSLAB



ABOVE KNEE BACKSLAB



EQUINAS CAST



KT TAPE



TAPING VIDEOS

- <https://www.youtube.com/watch?v=ELsu25Gow0I> ANKLE
- <https://www.youtube.com/watch?v=v2xYUxXrjxk> KNEE
- <https://www.youtube.com/watch?v=u-bRY2TMMZ8> CALF
- <https://www.youtube.com/watch?v=MvY4rcF1ZXU>
PLANTAR FASCIITIS
- <https://www.youtube.com/watch?v=By5ztNxwgYY> FOOT
TENDONITIS