

## SFHD524

# Apply taping and strapping following injury to limit specific movement in a sport/activity context



### Overview

This unit is about applying taping and strapping to provide support to part/s of a joint or related soft tissue with the aim of restricting movement in specific plane/s to protect the affected tissue and facilitate a return to activity following injury or biomechanical dysfunction.

Taping and strapping may be applied in the following contexts

1. protection of injury
2. injury prevention
3. training
4. pre, inter and post competition

The unit is divided into two parts. The first part describes the four things you have to do. These are:

1. prepare self and equipment
2. prepare client
3. apply taping and strapping
4. evaluate the effectiveness of taping and strapping

The second part covers the essential knowledge and understanding you must have.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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### Performance criteria

*You must be able to:*

#### **Prepare self and equipment**

- P1 apply professional standards of personal hygiene, dress and appearance
- P2 make sure your equipment meets current health and safety requirements
- P3 make sure your equipment and area provide for the comfort and dignity of the
- P4 make sure the equipment and area are clean and hygienic
- P5 select materials that are appropriate for the planned taping and strapping

*You must be able to:*

#### **Prepare client**

- P6 where necessary, follow approved guidelines for the presence of a chaperone
- P7 prepare and store records as legally required
- P8 obtain information on possible dangers of, and contraindications to, taping and strapping and any precautions to take
- P9 devise a taping and strapping strategy appropriate to the client, their condition, the context and the rules of the sport
- P10 make sure the client understands the nature and purpose of the taping and strapping and the equipment to be used
- P11 follow the correct procedures to obtain informed consent
- P12 prepare the relevant body area with due respect to the client's dignity
- P13 observe and palpate the area in a way that is consistent with the context and the client's condition
- P14 position the client for comfort, safety and support
- P15 warn client of possible adverse reaction to taping and strapping

*You must be able to:*

#### **Apply taping and strapping**

- P16 select and apply tapes and techniques that are within your scope of practice
- P17 where necessary, follow approved guidelines for the presence of a chaperone
- P18 make sure the client is correctly positioned, safe and comfortable throughout the taping and strapping
- P19 apply the taping and strapping correctly and consistently to meet the client's presentation and needs in the context
- P20 observe and take account of the dangers of, and contraindications to, taping and strapping and any precautions to take
- P21 assist the client to make the body area clean and hygienic following taping and strapping

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*You must be able to:*

#### **Evaluate the effectiveness of taping and strapping**

- P22 obtain feedback on the effects of taping and strapping from the client
- P23 measure client feedback against the aims and objectives of your taping and strapping strategy
- P24 identify any adverse reactions
- P25 make further assessments if necessary
- P26 ensure any proprietary supports used have been assessed/prescribed by an appropriately qualified healthcare professional
- P27 provide the client with appropriate advice and additional opportunities for feedback
- P28 make clear records in the accepted format
- P29 refer and/or report on progress to the relevant health care professional and follow their directions
- P30 store records safely and securely according to legal requirements
- P31 evaluate the taping and strapping strategy
- P32 destroy records as legally required

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### Knowledge and understanding

*You need to know and understand:*

- K1 the importance of applying the underpinning knowledge of anatomy, physiology and pathology to the practice of taping and strapping
- K2 the accepted standards of practice and recognition of client's presenting with injuries
- K3 the importance of accurate assessment and record keeping
- K4 the physical and physiological effects of taping and strapping
- K5 the content of taping and strapping materials in relation to allergic reaction and contraindications
- K6 the importance of cleanliness and hygiene and the standards that should be applied when applying taping and strapping in a variety of situations and environments
- K7 the importance of maintaining the dignity and comfort of the participant throughout the taping and strapping process
- K8 the importance of understanding and of obeying the rules of the sport
- K9 the function and suitability of proprietary supports
- K10 the importance of ensuring the participant is correctly positioned
- K11 the importance of having a suitable chaperone present when working with participants and the principles to observe in relation to child protection and child protection legislation
- K12 the importance of obtaining informed consent prior to any application of taping and strapping – practitioners are required to tell the client anything that would substantially affect the client's decision; such information typically includes the nature and purpose of the taping and strapping, its risks and consequences and any alternative courses of treatment
- K13 the importance of obtaining information on the possible dangers of and contraindications/precautions to taping and strapping before commencing any treatment and how to obtain this information
- K14 the indications for taping and strapping
- K15 what the dangers and contraindications to taping and strapping are, for example: acute trauma, tumour, open wounds, frostbite, acute soft tissue injury, circulatory disorders, fractures, thrombosis, bursitis, periostitis, myositis ossificans, infections, skin disorders, allergic conditions, risk of haemorrhage, areas of altered skin sensation, mental incapacity.
- K16 the accepted standards of personal hygiene, dress and appearance and why they are important
- K17 current safety legislation for the types of equipment used in taping and strapping
- K18 the importance of making sure the equipment and the area provide for the comfort and dignity of the participant

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- K19 the correct materials to use for the range of taping and strapping techniques covered by the unit
- K20 the importance of explaining the aims and objectives of taping and strapping to the client
- K21 how to obtain relevant information
- K22 how to observe and palpate the area to be taped and strapped in advance and why
- K23 how to prepare the body area for the range of techniques listed and why
- K24 why the participant should understand the nature and purpose of the taping and strapping and the equipment being used
- K25 how to apply the range of techniques listed in the unit with particular reference to: stance, direction of movement, the medium used, tension of tape, tensile strength of tape, prevailing weather conditions
- K26 the application of the range of techniques to the range of conditions/situations listed
- K27 why it is important to cleanse the area prior to and following taping and strapping and how to do so
- K28 the importance of evaluating the effectiveness of taping and strapping
- K29 how to obtain feedback from the participant on the effects of taping and strapping
- K30 the possible adverse reactions to taping and strapping and how to identify these
- K31 why it is important to provide reassurance and opportunities for further feedback and how to do so
- K32 how to report/refer on progress to relevant and appropriately qualified health care professionals, why it is important to follow their directions and recognise working within scope of practice
- K33 the details of the taping and strapping and its effects that should be recorded
- K34 the importance of accurate and confidential record keeping and safely storing records
- K35 legal requirements for the storage of information on participants and the treatment they have received

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### **Additional Information**

#### **External Links**

This National Occupational Standard was developed by Skills Active and was transferred to Skills for Health.

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

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**Relevant occupations** Associate Professionals and Technical Occupations; Leisure, travel and tourism; Sport, leisure and recreation; Sports and Fitness Occupations

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**Suite** Sports Therapy

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