



WHY STRAP?

Strapping of a joint is a preventative measure to reduce strain and injury on a joint. Commonly seen in sports such as basketball are knees and ankles. Strapping assists in preventing the athlete from causing further injury to the joint.

Strapping is also used in cases such as patella tendinosis to avoid injury strain, by unloading the tendon with the strain placed on the tape, this can be very effective in assisting the athlete to play fully and painfree.

HOW CAN PHYSIOONE ASSIST?

PhysioOne is fully trained in strapping joints and can teach and advise you on how to do this.

Strapping tape can be purchased through PhysioOne. Strapping tape in some cases may cause a skin allergy and all who utilise tape should be aware that if any itchiness starts to occur the tape should be removed immediately.

