

Step 8

Check for capillary refill (Figure 3-1-7).



Figure 3-1-7.

Please refer to the Hamstring Compression Wrap tape job (Video) for further review and variation preference in performing this taping technique.

Thigh Compression Wrap

Materials Needed

- Ace wrap (6-inch single or double)
- Adhesive spray (apply prior to taping)
- 1.5-inch white athletic tape or elastic stretch tape
- 2-inch block or wedge

Step 1

Apply adhesive spray to targeted wrapping area (Figure 3-2-1).



Figure 3-2-1.