

Figure 11-12
Arch taping technique

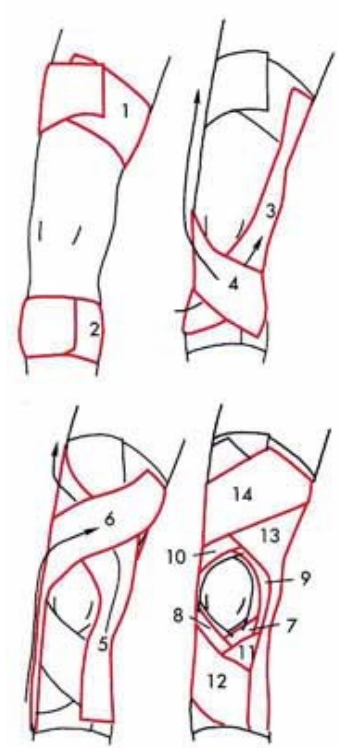


Figure 11-16
Achilles tendon taping

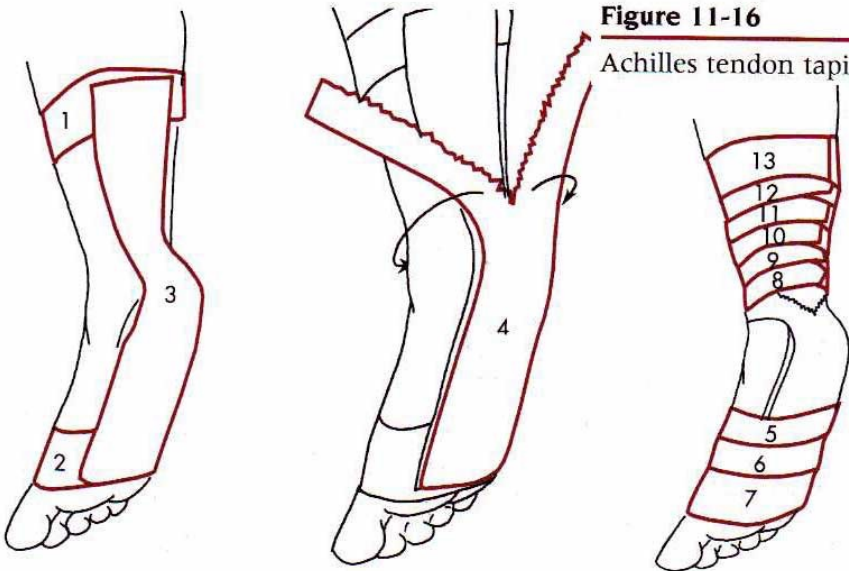


Figure 11-15
Closed basket weave ankle taping

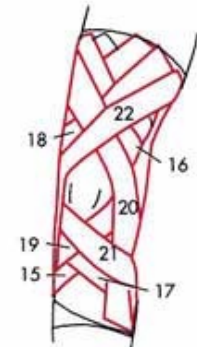


Figure 11-18
Taping for injuries to the ligaments of the knee

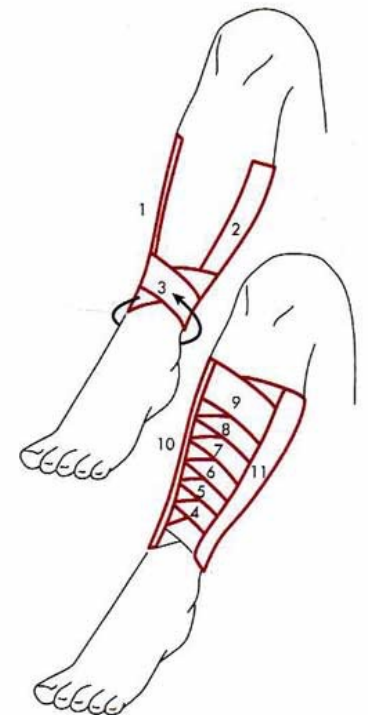
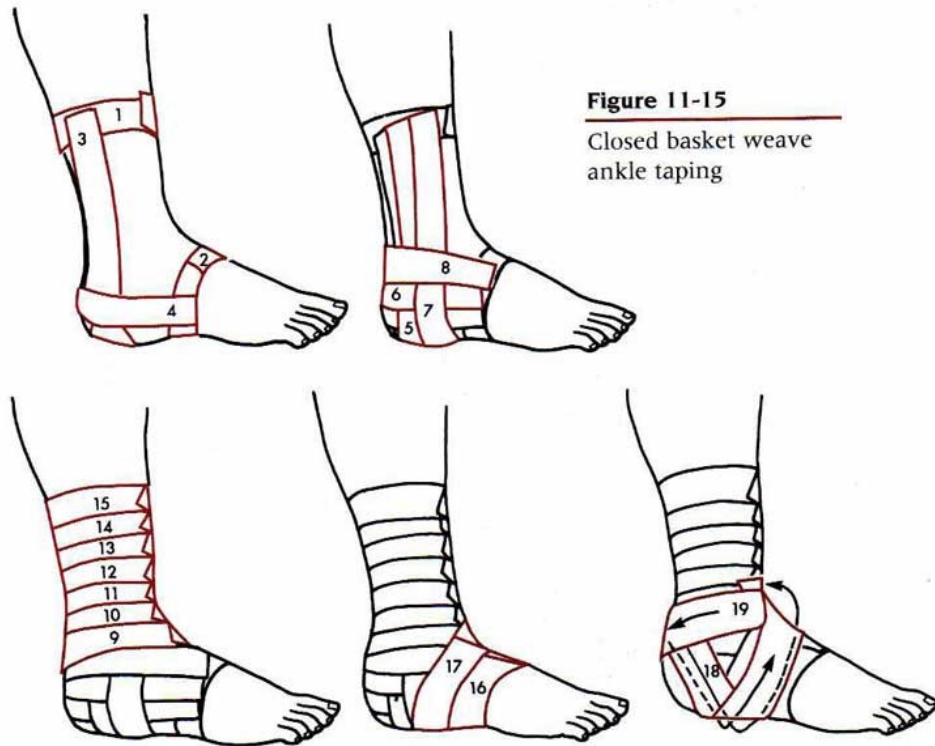


Figure 11-17
Taping for shin splints

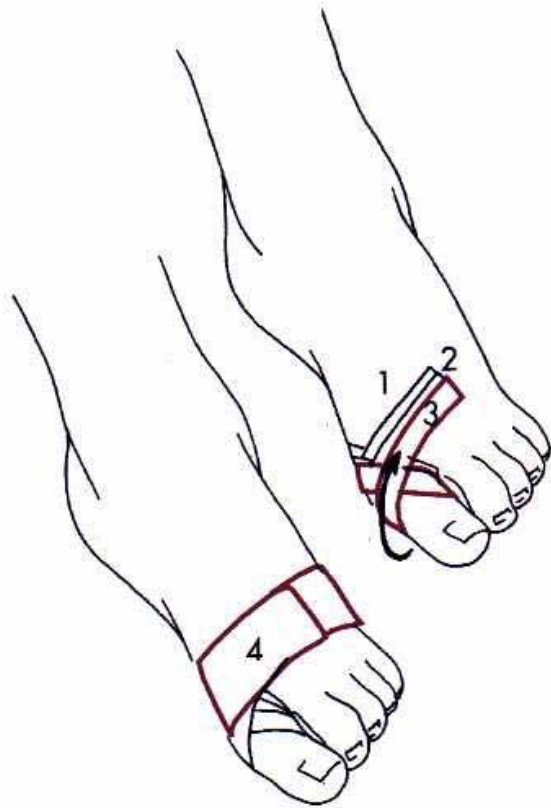


Figure 11-13
Taping for a sprained great

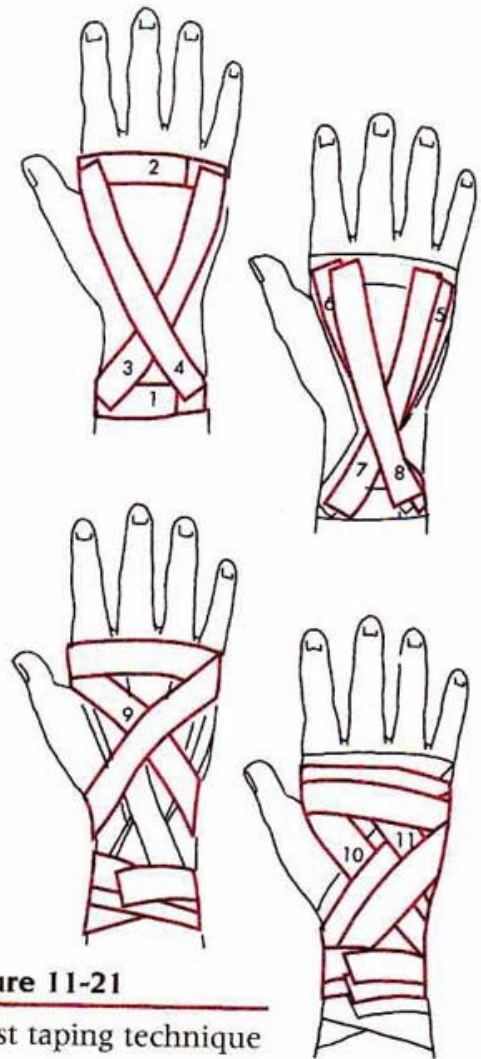


Figure 11-21
Wrist taping technique

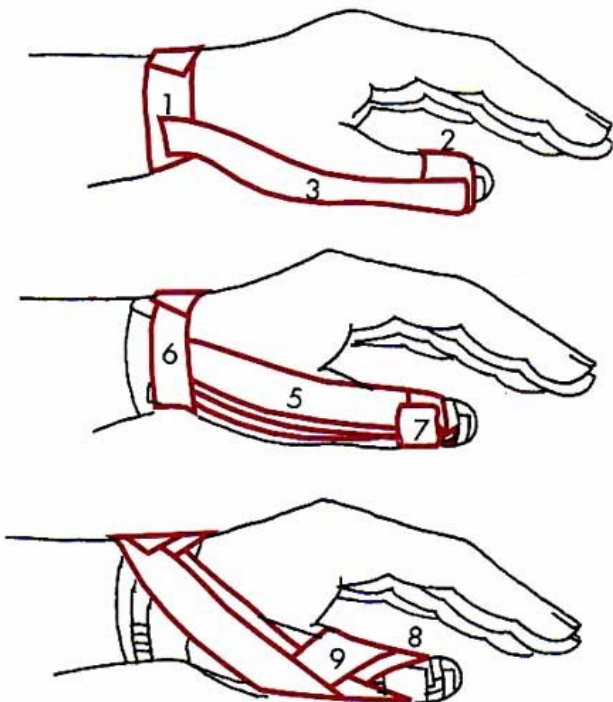


Figure 11-22
Taping for a sprained thumb

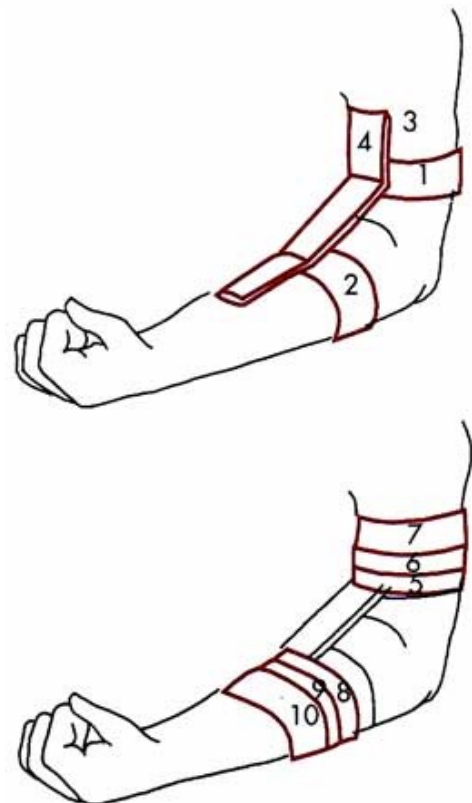


Figure 11-20
Taping to restrict elbow motion