|  |  |  |
| --- | --- | --- |
| 1. Pre Wrap
 |  | Start the pre wrap about halfway up the humerus and overlap it as you make your way down to the halfway point of the ulna and radius |
| 1. Anchor Strips
 |  | Place two anchor strips at the top and two at the bottom, overlap each strip at least halfway.  |
| 1. Crossing Strips
 |  | Measure out a strip of tape that extend beyond each anchor. Measure out 2 more strips of the same length and cross them |
|  4. Apply Crossing Strips |  | Place crossing strips above the top anchor, and place an anchor over it. Apply tension and anchor the distal end of the crossing strips. |
|  5. Anchor Crossing  Strips  |  | Fold the ends of the crossing strips over the anchors and apply elastic tape over the entire elbow |