Taping and bandaging can be used to prevent injury from occurring or to aid in rehabilitation.

**Lets look at preventative bandaging to begin with.**

Preventative taping is most commonly applied to joint areas to _________, _________ or prevent the joint from exceeding its normal range of motion during movement. It is also beneficial for an athlete who may have had a previous injury or weakness.

Any sport that requires explosive movement__________ or change in direction (basketball, tennis, soccer) that places stress on _________ can benefit from this form of taping. The main areas that athletes will use preventative taping are the ankle, knee, shoulders and fingers (particularly thumbs).

It is important that athletes not rely on taping long term as they may find psychologically that they need to it play rather than using it to strengthen a weakened site or for _________. Taping is not only used just on joints, it can also be used on muscles. In this instance, it can be used to provide _________ and or support.

Next we will look at taping for the isolation of an injury.

Immobilisation is the aim. Early in rehabilitation, it is advised that taping is used to provide support and prevent any further damage. Taping for an athlete returning from injury back to training can lead to a greater sense of _________ awareness (which is the ability of the body to correct itself in potentially dangerous positions), which might have been lost when the injury occurred. The taping can help athletes get through training and work on their conditioning whilst in rehab mode.

**Finally we will focus on bandaging for the immediate treatment of an injury.**

Bandaging can be used as soon as first aid has been applied to an injury (to stop bleeding) or to secure an injury for ongoing treatment. RICER suggests that compression is required therefore a compression bandage can be used at this stage to reduce _________ and blood flow to the injured area. Bandaging can also be used to immobilise an injured site.

Next is Humidity – When the level of humidity is high, it makes exercising more difficult and dangerous. This climatic condition makes it difficult for the body to rid itself of _________ through the natural process of evaporation. When the temperature is high (above 25 degrees) and the humidity level is also high 75 percent or higher, it is recommended that you exercise with extreme caution.