



Sport Taping Basics DVD-2nd Edition

By David Perrin

Human Kinetics Publishers, United States, 2012. Digital. Condition: New. 2nd edition. Language: English . Brand New Book. Watch Sport Taping Basics DVD, Second Edition, and have a hall-of-fame athletic trainer conduct a taping workshop just for you. As the perfect complement to the popular text Athletic Taping and Bracing, Third Edition, the DVD provides a simple, straightforward tutorial on using tape to help prevent injuries and to rehabilitate injured athletes. Taping expert David Perrin, PhD, ATC, teams with Anne Keil, PT, DPT, to demonstrate 32 procedures by showing the entire uninterrupted process of taping a body part. The taping procedure is then shown again to highlight the key steps of the procedure. It includes close-ups and correct positioning of the athletic trainer and athlete, making the demonstrations easy for the viewer to follow. Perrin also demonstrates how to cut, tear, and remove tape. Expanded from the previous Sport Taping Basics DVD, the second-edition DVD demonstrates 19 recommended taping procedures for common injuries to the lower body (ankle, foot, leg, knee, hip, and thigh) and 13 procedures for the upper body (shoulder, elbow, wrist, thumb, and finger). Incorporated into those procedures for the second edition are 11 new strap taping and...



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