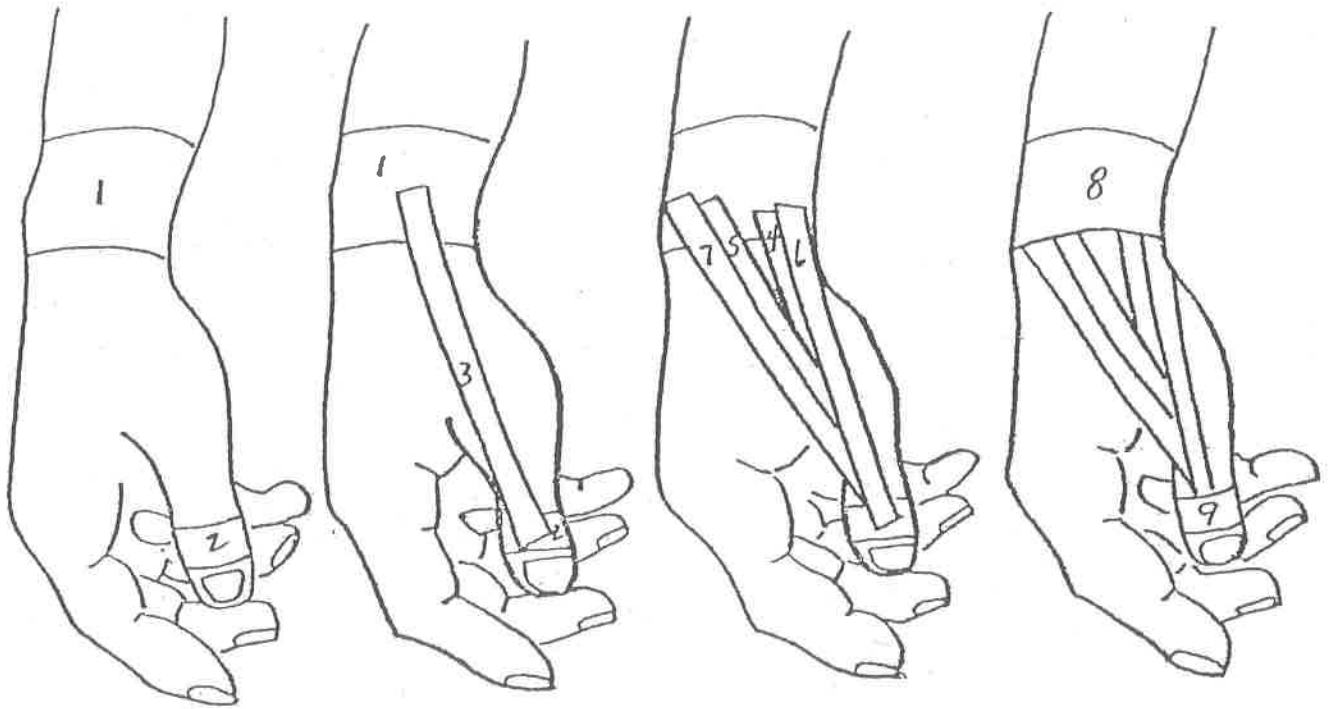


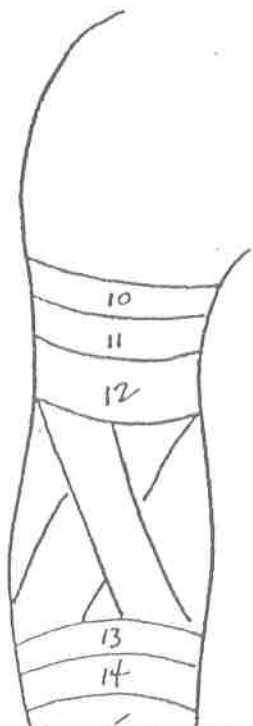
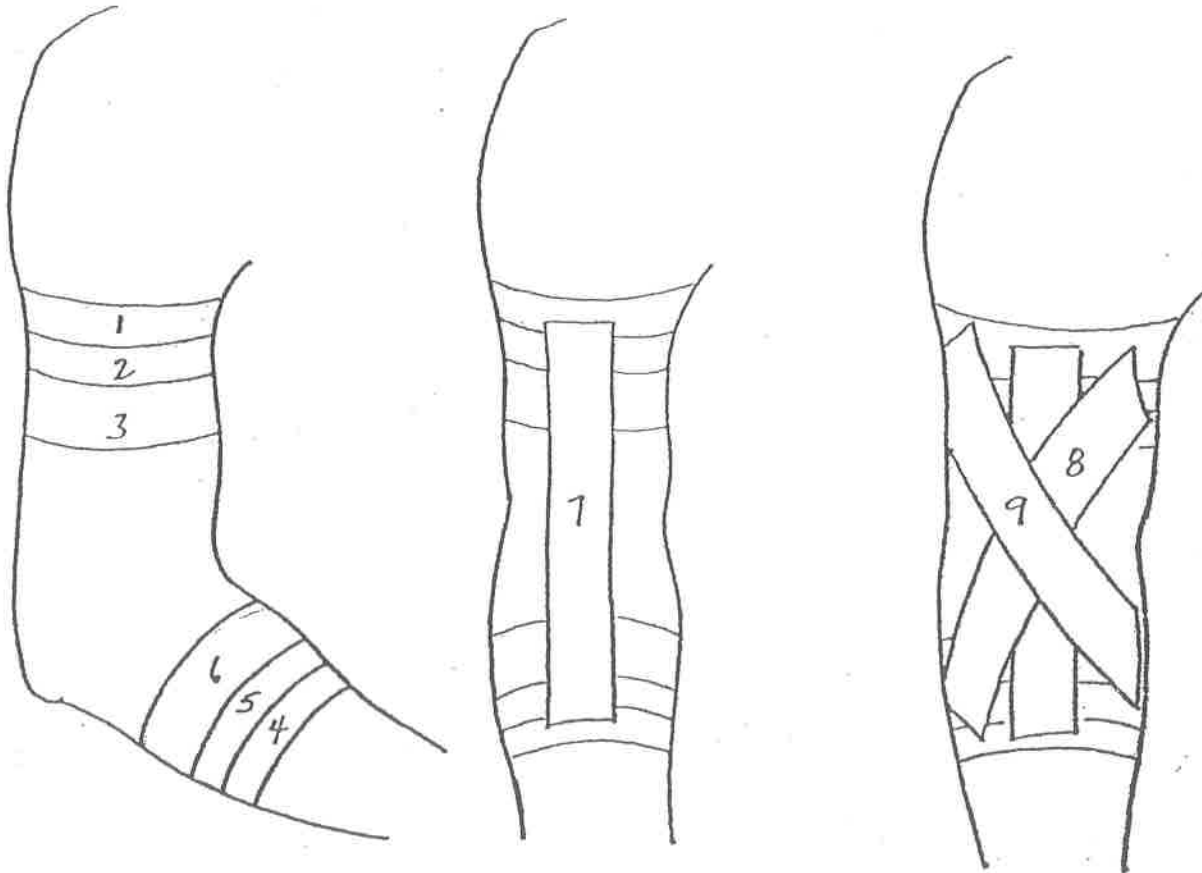
THUMB HYPERFLEXION



THUMB HYPEREXTENSION (Back of hand); right hand

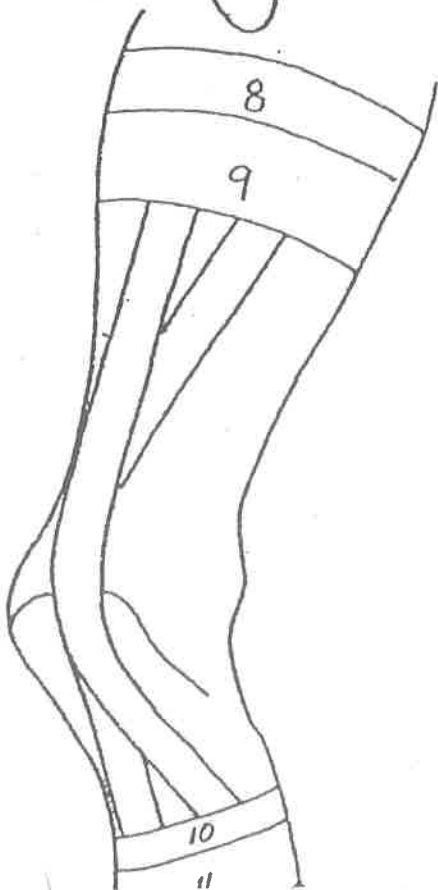
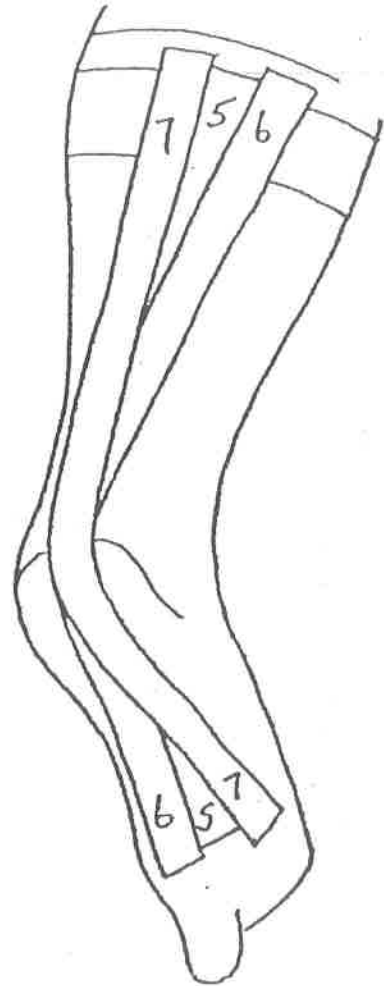


ELBOW HYPEREXTENSION



1. When applying tape circumferential around muscle have athlete contract muscle strongly.
2. The checkreins 7, 8 & 9 should come into play at or near the end of range of elbow extension.
3. Finish job with tensor wrap.

ACHILLES TENDON.



1. 2-3" stretch tape is best, but 1 1/2" adhesive tape may be substituted.

2. The check reins must reach as far forward as the balls of the foot