



Strapping Tutorial

The Hamstring d³ k6.0 tape Video #8 & #12

strapping to support the hamstring -
leftleg / video 8

EQUIPMENT:

- 1 roll 50mm d3 Kinesiology Tape
- d3 tape scissors
- *d3 adhesive spray optional.



D3 Tape contains latex-free adhesive and is hypoallergenic.

TOP TIPS

d3 k-tape is latex-free and hypoallergenic, meaning adverse skin reactions are very rare and tape can be worn for days on end to support rehabilitation between physio sessions.

Avoid taping onto wet, hairy or heavily moisturised skin, as this can affect adhesive qualities.

Round off the edges of the tape ends with scissors to help prevent tape from being peeled off the skin through abrasion.

d3 k-tape sticks best when applied directly onto the skin, rather than onto tape.

d3 k-tape tape is stretchy and designed to move and react like a second layer of skin. Try to handle and place the tape carefully and avoid touching the adhesive side of the tape wherever possible.

The anchor strips, at each end of the tape, should always be applied under no stretch for better adhesion and results.

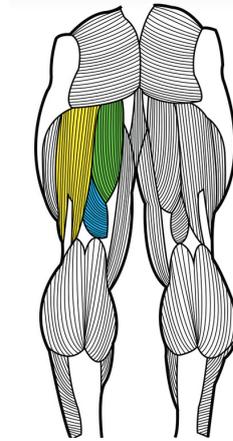
The backing tape paper can be ripped/ split, but not immediately removed (until needed to) to help handle the tape and avoid touching the adhesive side.

PREPARATION

K-Tape Strips: Cut 2 strips of d3 Kinesiology tape $\frac{3}{4}$ the length of the actual distance from the top of the back of the knee joint to the base of the buttocks (Gluteus Maximus). 2 x 15-20cm k-Tape strips or as required.

(If using d3 adhesive spray, spray the area to be taped lightly and allow the area to get tacky by leaving it for 30-seconds to air dry.)

*The hamstrings are a group of three muscles: Biceps Femoris, Semitendinosus and Semimembranosus



MUSCLES

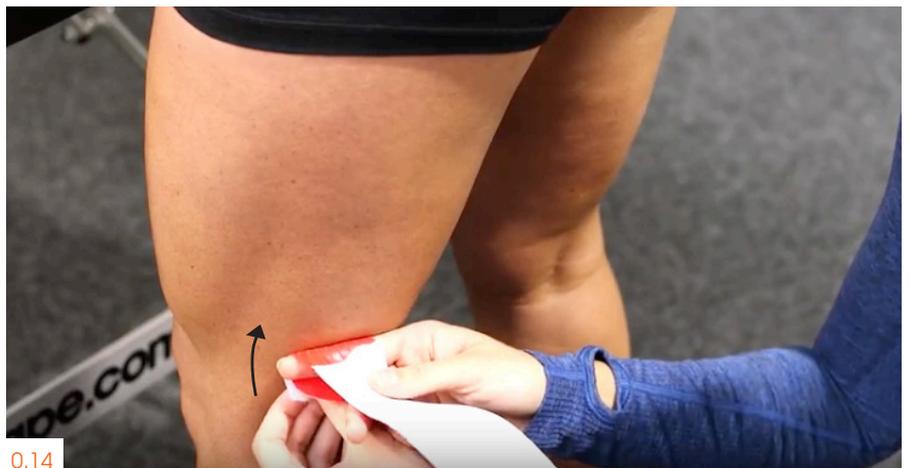
- Biceps femoris**
Main hamstring muscle
- Semimembranosus**
Lower inner hamstring muscle
- Semitendinosus**
Upper inner hamstring muscle

01. Ensure the athlete is standing (facing away from you) but bending over slightly, to engage the hamstring muscles under some tension. **0.07**



0.07

02. Having pre-measured and cut the tape (to $\frac{3}{4}$ of the actual stretched length desired) rip and remove 5cm of the lowest part of the backing tape to help place the initial anchor point, under zero stretch, on the back of the knee, but slightly on the outside aspect (lateral aspect). **0.18**



0.14

03. Holding the anchor firmly in place stretch the tape to 70-90% and place along the length of the overlapping outside hamstring (Bicep Femoris) Remove the backing tape as you place the tape down onto the skin. See diagram: yellow coloured muscles. **0.17**



04. Place the top anchor (the last 5cm of tape) under no stretch, making sure it is anchored just below the base of the buttocks (Gluteus Maximus). **0.21**

Rub the tape with the backing paper all over to help maximise adhesion and activate the glue.



5. Repeat steps 1-4. The second K-Tape strip should not overlap the first, but will be parallel to it on the inside (medial) aspect of the hamstring, covering the large outer hamstring muscle (Semimembranosus and semitendinosus). See diagram and blue/green coloured muscle. **0.34**



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