

# Therapeutic Taping for Musculoskeletal Conditions

*Maria Constantinou and Mark Brown 2010, Elsevier, Sydney. ISBN: 9780729539173. Softcover (with supplementary DVD) 263 pages*

My only criticism of the book, is that its soft cardboard cover may not stand up to the frequent use this book will undoubtedly see.

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Written by two Australian physiotherapists, who are both Fellows of the Australian Sports Medicine Federation, 'Therapeutic Taping' aims to provide "a practical guide to taping techniques used in the management of musculoskeletal conditions within a scientific framework" – and does just that.

The book, both comprehensive and practical, is a great refresher text, as well as a source of inspiration for new ways to use tape in clinical practice. The book would be a great reference for both qualified and undergraduate physiotherapists, as well as other health professionals and athletic trainers.

The first three chapters of the book provide an overview of therapeutic taping including the history, principles and effects of taping, precautions and preparations, and use of outcome measures. Chapters 4 through 6 cover a total of 77 specific taping techniques covering the entire body, each presented on a separate page. The techniques range from commonly known "old faithfuls" such as the ankle basket-weave taping, or finger buddy strapping, through to less well known techniques, such as a 'Serratus Anterior Muscle Facilitation' and 'Buttock/Sciatic Pain De-loading' techniques. For each taping technique, the background and rationale, evidence for (or lack there-of), materials needed, and both patient and therapist positioning is presented. Detailed instructions of how to apply the tape in a step-wise fashion are given along with colour photographs. As a bonus, the book also includes a DVD which presents each technique in video format.

At the end of the book there are two helpful appendices including a patient information sheet on taping that can be photocopied and used with patients. There is also a concise summary of the literature pertaining to each of the techniques described in book, presented in an easy-to-read table format giving the reference, study design, number of subjects, outcome measures used, authors conclusion and critique comments.

The book only includes a short discussion on elastic type tapes, such as kinesotape or dynamic tape, and does not cover any of the dynamic taping techniques. The book also does not cover taping for injury prevention, except where the taping techniques are the same as for therapeutic benefit.

One of the biggest strengths of this book is its strong evidence base. The evidence, along with citations, is presented right along side of the instructions for each individual technique, also linked to the appendix at the back of the book. This system creates a well referenced book, but presented in a really easy to absorb, practical way.

The other strength is the books easy to use format. Presented in landscape format, spiral bound, and colour coded with all the information pertaining to each technique presented on two facing pages, it is easy to imagine this book sitting open, next to a patient during a treatment session.