

PLENARIES

PLENARY 10: Sports Taping: Practical Applications in Sports

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Sports taping is a commonly used technique in sports physiotherapy to provide external support, modify movement, and assist athletes during training and competition. With the availability of different taping methods, physiotherapists need to understand the principles, applications, and appropriate selection of tape according to the athlete's clinical presentation and sporting demands.

This 30-minute practical workshop provides an overview of commonly used sports taping techniques, including rigid athletic tape, kinesiology tape, Active Tape, and Dynamic Tape. The session was exploring the key characteristics, indications, and practical considerations of each taping method, with emphasis on selecting the most appropriate technique according to the desired clinical outcome.

The practical component focus on Active Tape, highlighting its elastic and multidirectional properties and potential applications in sports rehabilitation. Participants will be introduced to the principles of Active Tape application, including skin preparation, tape positioning, direction and tension, and considerations for comfort, movement, and functional performance. Demonstrations were including practical applications for common ankle and knee presentations, allowing participants to understand how Active Tape can be integrated as an adjunct to rehabilitation and sports performance.

The workshop aims to enhance physiotherapists' knowledge, clinical reasoning, and practical confidence in the use of sports taping. Emphasis will be placed on appropriate application and integration with exercise-based rehabilitation rather than using taping as a standalone intervention. By the end of the session, participants have a better understanding of different taping options and their practical application in sports rehabilitation and performance settings.