**Protocol for Elbow Taping to Prevent Hyperextension**

Purpose: Preventing further injury to elbow that has sustained injury through hyperextension.

**Steps:**

1. Have athlete hold arm in flexed position.
   1. Have athlete contract muscles of the arm while applying anchor strips.
2. Apply anchor strips to mid forearm and above mid bicep.
3. Cut 3 pieces of Elastikon tape to be applied from one anchor to the other.

* One piece goes down middle, while other 2 cross over in an “X” pattern.

1. Pull back any excess Elastikon and cover with finish anchor for neat appearance.

**Modifications:**

1. If Elastikon is not available, non-stretch zonas tape is useful substitute.