



ADVERTORIAL

Tapes ain't Tapes



Those of us who are avid tennis followers will have noticed some tennis players wearing a peculiar new type of sports tape whilst participating in their sport. Li Na has played in many matches with her right knee taped with a material that resembles insulating tape. Many other elite sportspeople have been seen with various coloured bands of tape on different parts of their body, including shoulders, thighs and (although out of sight) their feet.

This new-fangled tape that some select athletes are now wearing is probably Rocktape. It was invented by American cycling coach Greg van den Dries and uses the marketing slogan of "taping movement, not muscles."

Although, Rocktape was developed in the US it is manufactured in Korea and comes in 2 and 4 inch widths (back to inches – great for me) and many colours. It is made of flexible cotton and nylon fibres with an acrylic adhesive (not ZO). It provides the support, stimulation and resiliency necessary for

rehabilitation, injury prevention, postural support and performance enhancement.

Rocktape is not like the usual tapes that we podiatrists generally use to strap athletes to compress and immobilise their injured joints and muscles. Being elastic and more comfortable, Rocktape allows the muscle or joint to move through its full ROM without losing stability or impeding circulation as it activates the nervous and circulatory systems to initiate healing. It can be used to apply compression to promote recovery or decompression to relieve pain and swelling.

I was very lucky to be one of the seventeen podiatrists who attended to the Rocktape workshop conducted by the Stahl brothers, on Friday 8 July. Tony Stahl, from WA is the Commercial Manager, whilst Steven, a physio from Victoria, is the Development Manager and main lecturer. Steven presented a PowerPoint on the theory behind this kinesiology inspired tape and the kinetic chain concept used to uphold its use. He also explained the methodology of application, including preloading, stabilisation and decompression of the tape which differs greatly from the rationale we use to justify the use of tape.



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The workshop was very hands-on and exceptionally podo-centric with each taping technique explained thoroughly and demonstrated by Steven on one of the attending podiatrists. He tried to select a sufferer with a recognised condition to apply the tape.

There was ample time allotted and plenty of Rocktape available to then practice all the demonstrated techniques on each other. That's the ankle edema strapping in the photo. The group was split roughly into pairs and Steven moved around the room checking and advising us on our progress.

I worked with Ray Harding who has vast experience with taping sports injuries and he applied every technique demonstrated on me, as I did to him. I "road-tested"



my taped limbs (yes, those are my legs) by leaving the tape Ray had applied in place over the weekend. After enduring two showers, a few walks and a little "couch-potatoing" it was still comfortable, had not irritated my skin and I could still feel it supporting me. Although, it had rolled back a little and I could just feel it pulling on my leg hairs.

Whilst I don't think you'll see many Maroubra inhabitants running 'round with multi-coloured Rocktape applied by me to their limbs from the two sample rolls I received at the workshop, I do feel that there is a place for its application in my practice. It will be interesting to read any ongoing research published on this subject. Anyway, it certainly demonstrates that you are never too old to learn [something new] and I enjoyed seeing old friends and meeting new practitioners who attended the workshop.

It was great to utilise the new layout of the Association



rooms for the first time; I must say it is a much better use of the available space. I was also very impressed to see our EO Janice Jones using her spectacular organising skills on a Friday evening (in her time, mind you) trying to clean-up after one seminar in preparation for the CPR course to be run on the following Saturday morning. I sometimes wonder if we fully appreciate the efforts of our Association staff members who seem to magically have everything setup and ready for us when we arrive. Thanks team on a job well done.

This report has been prepared by Luke Marsden from personal attendance at the workshop and information provided by Rocktape. Luke Marsden declares no conflict of interest with Rocktape.

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