

Carpal Tunnel



Tape: Dynamic Tape 5cm (2")
Split one end down the middle

Position: Wrist extension 30° and supination
Thumb and 1st metacarpal extension and abduction

Actions: Provides more optimal positioning by resisting wrist flexion and horizontal flexion of the metacarpals and thumb which would reduce space within the carpal tunnel
The resisting position now has the transverse carpal ligament in a lengthened position which may resist shortening over time

Indications: Ulna sided wrist pain particularly those aggravated by weight bearing in extension and where the pain is relieved by gliding the ulna anteriorly relative to the carpals.
Instabilities such as chronic scapho-lunate dissociation.

1 Split most of the tape in half leaving approximately 2" as full width. Commence this on the hypothenar eminence directed towards the ulnar side of the hand.

2 Keep the wrist extended to about 30° and pass the tape across the dorsum of the wrist making sure to encompass the ulnar styloid. This will provide some resistance to wrist flexion. If more resistance to flexion is desired a longitudinal strip from the the metacarpal heads to the proximal forearm should be applied prior to the technique shown here.

3 & 4 Sweep the proximal strip (3) and distal strip (4) around the thenar eminence. Ensure that the line of pull is directed into extension, abduction and horizontal extension. Strip 4 should be slightly longer and finish around the base of the 4th metacarpal.

5 Anterior view of finished technique. Adhesive spray is recommended when overlapping tape.

