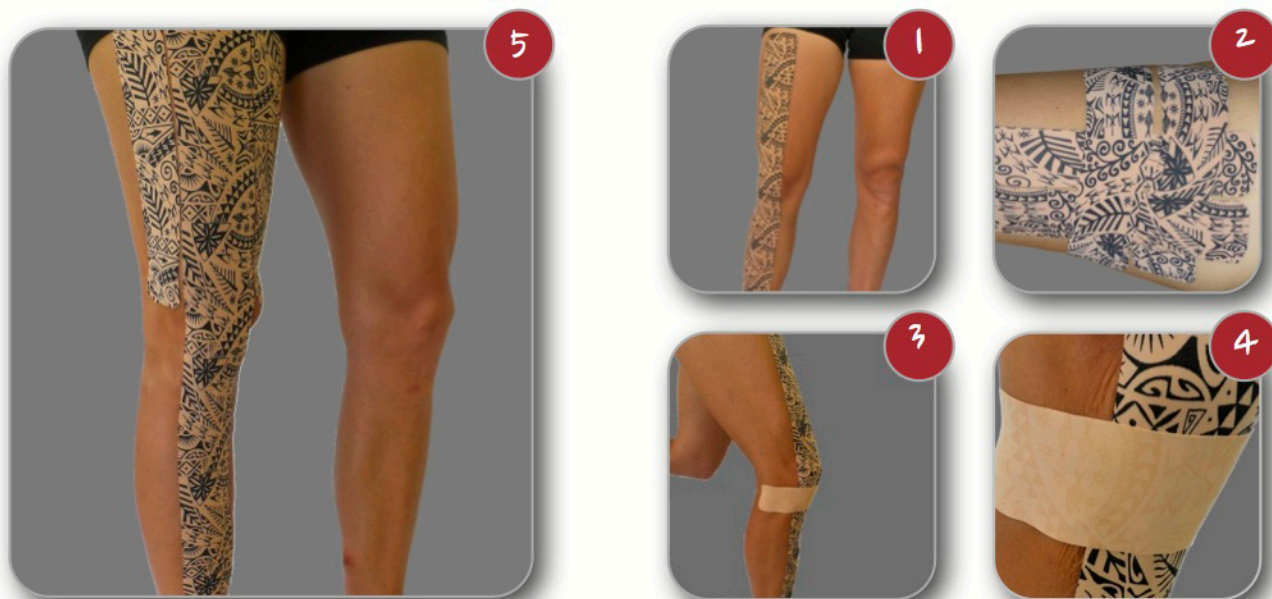


Quads Mechanism



Tape: Dynamic Tape 5cm (2")
Dynamic Tape 7.5cm (3")
Several combinations can be developed including PowerBands (2" or 3") and offloading strips

Position: Knee extension

Actions: Tensions under knee flexion to absorb eccentric load
Recoils during extension to assist concentric contraction
Reduces load through Quads, patella tendon/ligament and patellofemoral joint
'Pinch' soft tissue offloads can be directed towards tendon, fat pad, muscle tear or tibial tuberosity
More compressive/pre-tensioning straps can be applied to more degenerative tendinopathies.

Indications: Any condition exacerbated by loading of the quadriceps mechanism. This may include but is not limited to quadriceps muscle tears, patella tendinopathies, fat pad syndrome, Osgood-Schlatter's disease, patello-femoral pain syndrome, osteoarthritis, weakness. Other techniques may be the preferred choice for these conditions depending on assessment findings or a combination of techniques may be used.

1

Depending on the size of the limb being taped, 2" or 3" strips may be used. PowerBands are often preferred due to the large loads involved - particularly for more vigorous activities. Start and finish well away from the knee joint to maximize the leverage effect. Ensure that the line of pull stays anterior to the axis of the knee joint.

2

Gather the soft tissue longitudinally in the region of a muscle tear (5). Alternate with transverse strips to offload the soft tissue further if desired.

3

&

4

A 'pinch' offload strip can be directed towards the tendon or fat pad as shown or moved to the tibial tuberosity for Osgood-Schlatter's disease. This gathers all of the soft tissue to create a soft, spongy area to reduce firing of peripherally sensitized nociceptors.

