



# Athletic Taping and Bracing - 2nd Edition

*David Perrin*

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Completely overhauled and updated, *Athletic Taping and Bracing, Second Edition*, is a leading text in its field. Like the popular first edition, it continues to integrate the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. The new edition is updated to reflect changes in the National Athletic Trainers' Association (NATA) Education Council's "Competencies in Athletic Training" and the fourth edition of the NATA Board of Certification's "Role Delineation Study." Both students and professionals will use this text time and again as a reliable reference.

*Athletic Taping and Bracing, Second Edition*, has been significantly improved with the addition of more than 450 full-color illustrations and photos. These include 60 superb three-dimensional anatomical images from Primal Pictures. The photos that illustrate taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step.

With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. It also contains step-by-step instructions for 36 taping and wrapping procedures, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing.

To emphasize rehabilitation as well as prevention, *Athletic Taping and Bracing, Second Edition*, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play.

Through *Athletic Taping and Bracing, Second Edition*, readers will learn the foundations and techniques of taping and bracing. Taping and bracing are presented as adjuncts to, rather than panaceas for, the athlete's total rehabilitation. The emphasis on rehabilitation as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems.

*Athletic Taping and Bracing, Second Edition*, captures the art and science of taping and bracing through detailed explanations and spectacular images. It stays in step with current NATA competencies and practices, and it offers top-quality instruction. With all this, *Athletic Taping and Bracing, Second Edition*, is the premier text in its field.

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