

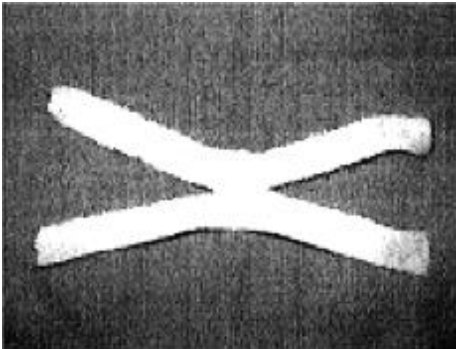
H-TAPING for A2 Pulley Injuries

A2 pulley ruptures (partial or complete) are the most frequent injuries amongst rock climbers. The most popular form of rehab for this injury is a period of rest followed by a gradual return to climbing using finger tape to support the recovering pulley.

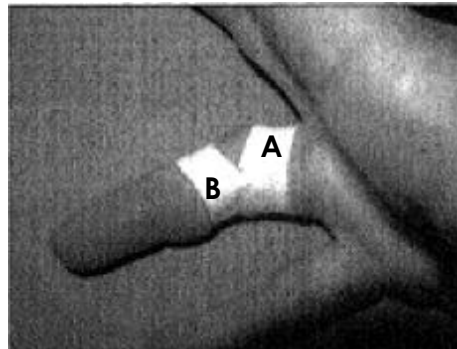
The taping technique most frequently used is circumferential taping around the base of the finger. There is, however, some evidence to suggest that this is not the most effective method of supporting the pulley. Five German climbers, who also happened to be orthopaedic surgeons, looked at 3 different taping methods to see which was best at supporting the A2 pulley.

They found that circumferential and figure of 8 taping gave no support to the A2 pulley and did not increase finger strength. However their alternative "H taping" method did seem to provide significant support to the A2 pulley and increase crimping strength by 13 %. This study was done on climbers with a confirmed A2 pulley injury. There is no evidence that taping helps an intact pulley, increases uninjured strength or prevents injury.

Picture1



Picture 2



- Tear the tape as in picture 1 (Yes it is fiddily)
- Place the full thickness middle section across the palmer surface of the first joint line
- Tape round section A as in picture 2
- Bend the finger 30°
- Tape round section B as in picture 2
- If you're not sure please ask me for a demo at the works

Rick Webber

Thank you to Volker Schöffl for his permission to use his pictures

Reference

Schöffl, I., Einwag, F., Strecker, W., Hennig, F., Schöffl, V. (2007)

Impact of taping after finger flexor tendon pulley ruptures in rock climbers. *Journal of Applied Biomechanics*, 23:52-62