

Taping elbow

K-Active



[Directly to taping elbow guide](#)

Main application area

General elbow pain
Elbow stabilization
Tennis arm or golfer arm

What you need

2 tape strips:
1 x tape (blue) -> 15 - 20 cm
1 x tape (pink) -> 25 - 30 cm

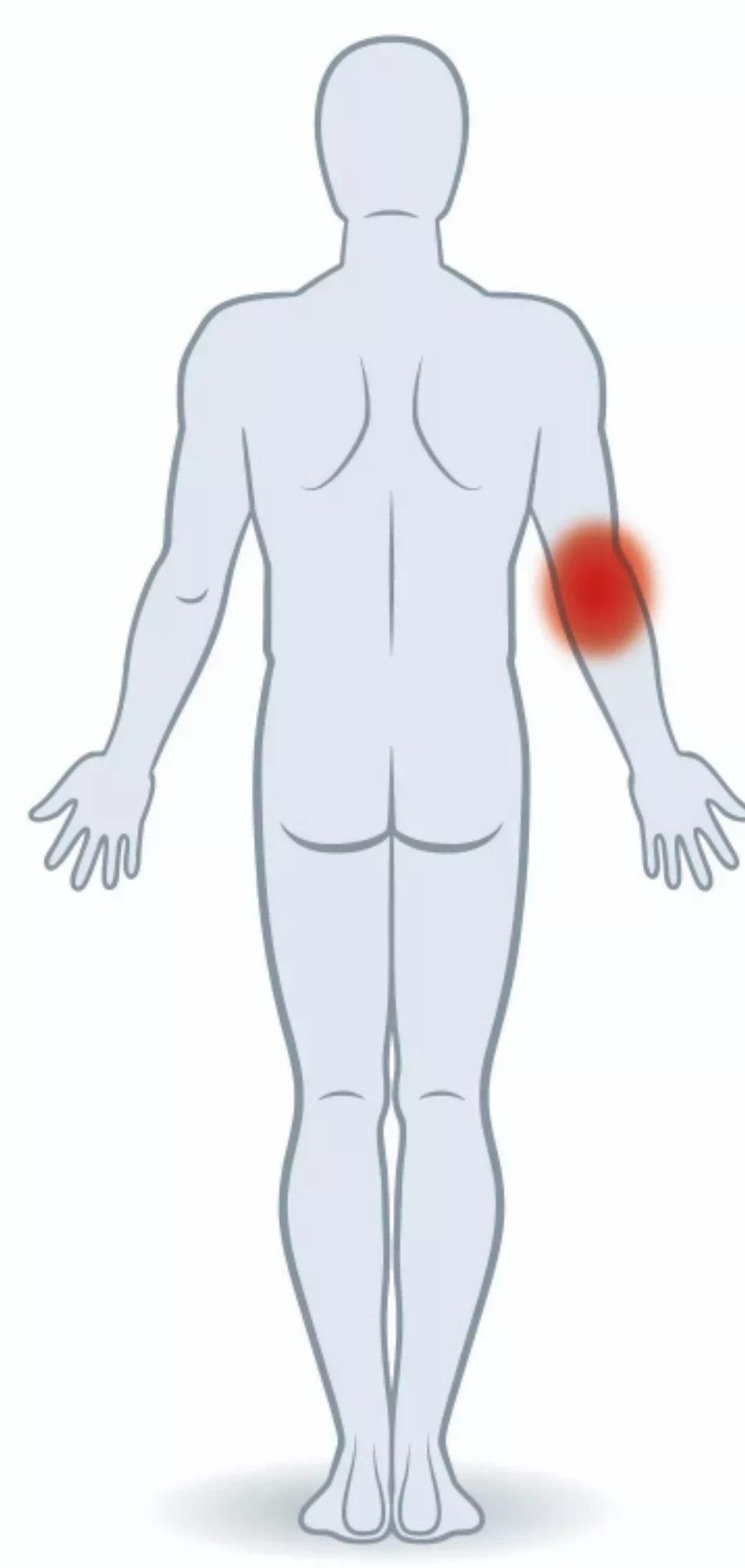
Duration of application

Up to 7 days

* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

Elbow pain

Elbow pain is a widespread complaint that can affect people of any age. Frequent causes are repeated stress due to sports or professional activities, which can lead to overwork injuries. Injuries such as sprains or tendon tears are also common triggers. Elbow pain can occur both acutely, due to sudden injuries, and chronically, due to persistent overload or degenerative diseases. Accompanying symptoms are often swelling, restriction of movement and pain that can radiate into the forearm or hand. Typical diseases that cause elbow pain include tennis elbow (lateral epicondylitis), golf elbow (medial epicondylitis) and bursitis.



Information

General information about the elbow

The elbow is a complex joint that represents the connection between the upper arm bone (humerus), spoke (radius) and elle (ulna). This joint is essential for the mobility and functionality of the arm and allows both bending and stretching movements as well as rotating movements of the forearm. Surrounded by strong muscles, tendons and ligaments, the elbow provides stability and freedom of movement. The flexibility of the elbow plays an important role in many everyday activities such as grabbing, lifting and carrying.

Causes for elbow pain

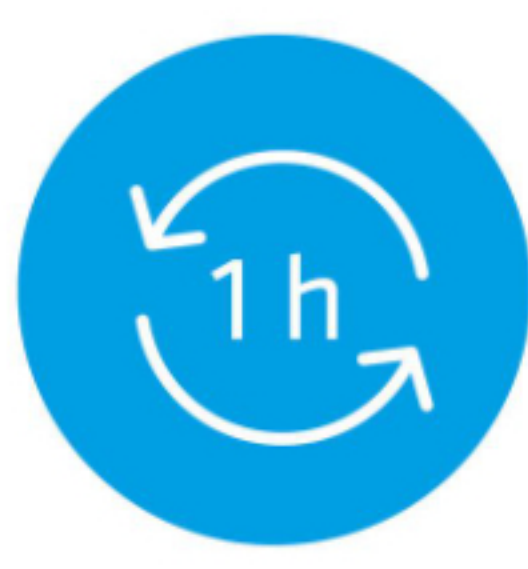
Elbow pain can be triggered by several factors, including:

- **Muscle overload:** A common cause of elbow pain is straining the muscles and tendons due to repetitive movements. This often occurs in sports such as tennis, golf, or weightlifting, where certain arm movements are constantly repeated.
- **Injuries:** Acute injuries such as falls, bumps or accidents can lead to bruises, sprains or even fractures in the elbow area. These injuries cause immediate pain and limitations of mobility.
- **Tendonitis:** Excessive or repeated exercise can lead to tendonitis, such as tennis elbow (lateral epicondylitis) or golf elbow (medial epicondylitis).
- **Arthritis:** Arthritic conditions, such as rheumatoid arthritis or osteoarthritis, can affect the elbow and cause pain and stiffness. These diseases lead to inflammation and wear of the joints.
- **Nerve compression:** When nerves in the elbow are pinched or irritated, as in cubital tunnel syndrome, pain, numbness, and tingling in the arms may occur.
- **Bursitis:** Inflammation of the mucous membranes (bursae) in the elbow, often due to overuse or repeated rubbing, can lead to painful swelling and movement restrictions.

How does K-Active Tape help with elbow pain?

The K-Active Tape can be used effectively for elbow pain. The elastic and self-adhesive properties of the kinesiological tape support the elbow area by stabilizing the muscles and joints without restricting the freedom of movement. In addition, the tape can affect sensory perception and thus contribute to pain relief. It helps to promote blood circulation, reduce swelling and speed up the healing of injuries. Through improved proprioception, the tape can also help correct incorrect postures and prevent overloads.

Taping elbow - Tips



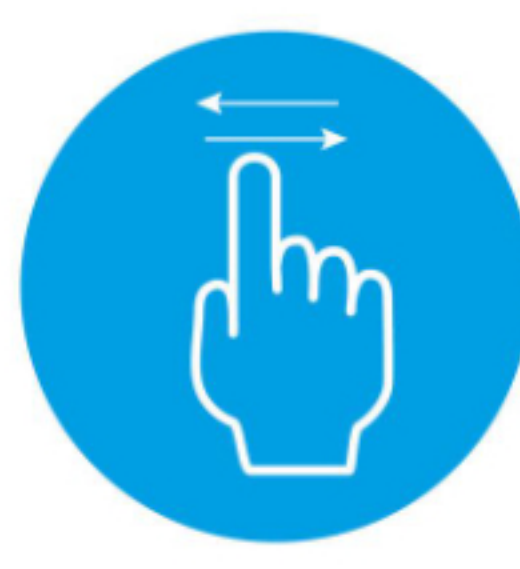
Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

Step by step tape application

[Download instruction](#)



⇒ 1.

The therapist first places his fingers on the elbow to determine the correct placement of the tape.



⇒ 2.

The arm is now stretched out to test the placement while moving.



⇒ 3.

Apply the base of the tape strip in the neutral position of the elbow. Leave the release paper still attached to the tape.



⇒ 4.

Apply the first tape rein with a slight stretch (25%) along the outside of the arm. The elbow is in flexion.



⇒ 5.

Apply the second tape rein (with the elbow bent) in the direction of the upper arm.



⇒ 6.

Now place the end of the second strip of tape on the back of the hand just before the wrist.



⇒ 7.

Pull off the release paper as you move towards your elbow and apply the tape lightly, but without attaching it permanently.



⇒ 8.

Apply the first tape rein with a little stretch (25%) along the outside of the arm. The arm is stretched out.



⇒ 9.

Repeat step 8 for the second tape rein.



⇒ 10.

👉 The elbow tape application is complete.

Variation 2 for taping elbow

Steps 1 to 5 as described above.



⇒ 6.

Apply the base of the pink tape to the back of the hand.



⇒ 7.

Attach the tape with a little stretch (25%) along the arm in the direction of the elbow. The arm is stretched out.



⇒ 8.

Smooth all over the tape to activate it.



⇒ 9.

👉 The second variant for the tape application on the elbow is finished.