

# Taping Methods Video Textbook

Educational DVD Featuring Unique Methods by Ron O'Neil, ATC

- 35 step-by-step taping techniques
- Great class supplement
- Preventative and post-injury taping instruction techniques include:

## **Ankle and Lower Leg**

- Preventative Taping - 11 techniques
- Post Injury Taping - 6 techniques

## **Knee**

- Post Injury Taping For Collateral Ligaments and Hyperextension - 1 encompassing technique with multiple steps

## **Upper Extremity**

- Injury Prevention and Post Injury Stability - 5 techniques

## **Thigh**

- Post Injury Taping - 3 techniques

## **Foot**

- Preventative and Post Injury Taping - 2 techniques

## **Auxiliary Applications**

- Post Injury - Support and Compression of Joints and Muscles - 4 techniques
- Wound Care - Lacerations, Abrasions, MRSA - 3 techniques



**Available for  
\$20 through  
your distributor!**



**Taping Methods Video Textbook** features Ron O'Neil, a certified athletic trainer with more than 37 years experience - 29 years as an athletic trainer with the National Football League. This DVD offers product application guidance and techniques to provide prevention of injury and post injury protection and stabilization. The techniques detailed have been used by Ron throughout his career as an athletic trainer. Many of the taping methods in this textbook are unique to Ron and haven't been taught before.

Ron O'Neil, B.S., A.T.C.  
Andover Healthcare, Inc.  
Sports Medicine Education,  
Research & Development

