

Cervical Strain

Leukotape P 3.8cm is an extremely versatile tape which is widely used by physiotherapists in a clinical situation.

In this case, strapping is used as part of the treatment of cervical strain. It is postulated that this strapping technique:

- Improves posture by controlling the position of the thoracic area which in turn helps to control the position of the cervical area.
- Proprioceptively facilitates the lower trapezius muscles
- Unloads the mid and upper trapezius muscles

Because the tape will remain on the skin for up to 3 days, in order to prevent skin irritation, Fixomull Stretch must be used as an under tape.

The application of the strapping technique is as follows:

1. Starting near the mid thoracic area, close to the spinous processes, place the Fixomull Stretch laterally and diagonally to end above the spine of the scapular.
2. Repeat on the other side.
3. Place the Leukotape P strip on top of the Fixomull Stretch, starting at the bottom.
4. First anchor the base of the tape and, using your thumb and index finger, bunch the muscles as you secure the tape at the top.
5. Repeat on the other side.
6. By strapping from the bottom upwards, one avoids pulling down on the upper trapezius area and further straining the neck.
7. Finally, secure the ends of the tapes with short pieces of Fixomull Stretch.
8. Always question your patient after you have completed the strapping to ensure that the tape is comfortable.
9. N.B. Leukospray is a strong adhesive which protects the skin and holds the strapping in place. Even if the strapping gets wet, the strapping will not peel off the skin.

