

PROFESSIONAL SUPPORT



PowerFlex® + PowerTape® VictoryTape™

THE ULTIMATE TAPING SYSTEM



REGULAR OR BASIC
PREVENTIVE ANKLE

POST-INJURY
TURF TOE/ANKLE COMBINATION

POST-INJURY
TURF TOE

POST-INJURY ELBOW

BASIC PREVENTIVE
WRIST/HAND/THUMB

SPEED SPATTING

TAPING GUIDE



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THE ULTIMATE TAPING SYSTEM



Our Philosophy

Taping and wrapping is a skilled art form. Every taping procedure applied by a skilled professional should be a masterpiece...a work of art that an athlete can trust.

Andover strongly feels our cohesive taping systems are a major performance advancement when compared to the age-old foam prewrap and cloth tape methods. The no-stretch, water-resistant, all-day performance you get from PowerFlex combined with PowerTape or VictoryTape delivers unparalleled support in a taping system.

Synthetic cohesive tapes are slightly different to use than traditional cotton. For those of you who have many years of experience taping with traditional cotton adhesive tape, you might need to take a few minutes to familiarize yourself with the differences in simply ripping and applying. We feel this small time investment will be well worth it as you and your athletes experience the radical improvement in performance and variety of uses that can be achieved with our Ultimate Taping Systems. For this purpose we have created this Taping Guide. For more info please visit andoverhealthcare.com

PowerFlex™

PowerFlex is a strong, fabric-based bandage that tears easily by hand and sticks to itself for quick and easy wrapping.

- #1 Wrap in Pro Football & College Sports
- Eliminates the need for pre-wrap and adhesive spray
- Sweat resistant and breathable
- Strong – 23 lbs. tensile strength
- Helps prevent injuries

PowerTape® & VictoryTape™

- PowerTape & VictoryTape are Cohesive Athletic Tapes that stick only to themselves or to PowerFlex and replace traditional cloth trainers tape.
- Contains less than 1% stretch - eliminating the "give or slip" that exists when using traditional trainers tape.
- Remains supportive and stable **throughout** games and practices.
- Molded training system with better conformability and comfort.
- Holds up against sweat and water.
- Exceptional "lay in."

What is the difference between PowerTape & VictoryTape?

- PowerTape is the original and still gold standard of cohesive tapes with 41 lbs. of tensile strength and less than 1% stretch.
- VictoryTape is a more economical, easy-to-rip version of PowerTape. You get 38 lbs. of tensile strength with the same no-stretch, water-resistant performance of PowerTape.

Proudly Made in U.S.A.

Our History

Andover Healthcare is the leading manufacturer of cohesive bandages and tapes for almost 40 years and currently supplies the sports medicine, healthcare, and animal health industries with high quality products made in the USA. The company was founded in Massachusetts in 1976, and now distributes its patented products around the world.

Timeline

- 1995: Andover launches **PowerFlex**.
- 2005: Andover launches **PowerTape** and the Ultimate Taping System is created.
- 2012: The Ultimate Taping System gets more economical with the launch of **VictoryTape**.



The PowerFlex Taping System
JUST GOT BETTER.

TABLE OF CONTENTS:

Our Philosophy and History.....	1
The Ultimate Taping System.....	2
CREATIVE SOLUTIONS IN TAPING METHODS TO PREVENT INJURY	
Ankle.....	3-7
Upper Extremity.....	8-10
Arch, Mid-Foot and Great Toe..	11-13
Budget Taping Method.....	14



PowerFlex + PowerTape® VictoryTape™

THE ULTIMATE TAPING SYSTEM



THE ULTIMATE TAPING SYSTEM:

STEP 1:

Apply PowerFlex directly to the skin with proper un-wind tension.



STEP 2:

Cover PowerFlex with PowerTape or VictoryTape.



- ✓ **PowerTape & VictoryTape** are to be used in combination with PowerFlex.
- ✓ **PowerTape & VictoryTape** replace *traditional* cloth trainers tape.
- ✓ **PowerTape & VictoryTape** contains less than 1% stretch - eliminating the "give" that exists when using *traditional* cloth trainers tape.
- ✓ **PowerTape & VictoryTape** remain stable and comfortable providing maximum protection for the entire duration of games and practices.
- ✓ **PowerTape & VictoryTape** tear by hand and sticks to itself for quick wrapping and superior staying power.
- ✓ **PowerTape & VictoryTape** are sweat resistant and breathable. Taped areas will not slip.
- ✓ **PowerTape** combined with PowerFlex provides athletes with the STRONGEST taping system in existence.



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2 - PATENTS PENDING





PowerFlex® + PowerTape® VictoryTape™

THE ULTIMATE TAPING SYSTEM



ANKLE - Preventive and Post-Injury Taping

The taping methods demonstrated here can be used for basic ankle injury prevention, ankle post-injury stability, and various post-injury situations. These techniques show multiple ways to provide injury prevention and post-injury stability for inversions, evasions and high ankle sprains.

I. REGULAR OR BASIC PREVENTIVE ANKLE



Figure 1.1



Figure 1.2



Figure 1.3



Figure 1.4

*"PowerTape
is the next
natural step
in providing
your athletes
with the most
complete
protective
taping system
available."*

Jerry Weber, A.T.C., P.T.
Head Athletic Trainer
University of
Nebraska - Lincoln

2.75" or 2" PowerFlex and 1.5" or 2" PowerTape or VictoryTape. (See Figures 1.1 - 1.4)



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THE ULTIMATE TAPING SYSTEM



ANKLE - Preventive and Post-Injury Taping - *Continued*

II. PREVENTIVE ANKLE VARIATION - SPEED TAPING (Full)



Figure 1.5



Figure 1.6



Figure 1.7



Figure 1.8

2.75" or 2" PowerFlex and 1.5" or 2" PowerTape or VictoryTape. (See Figures 1.5 - 1.8)



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PowerFlex® + PowerTape® VictoryTape™

THE ULTIMATE TAPING SYSTEM



ANKLE - Preventive and Post-Injury Taping - Continued

III. PREVENTIVE ANKLE VARIATION - SPEED TAPING (Modified)



Figure 1.9



Figure 1.10



Figure 1.11



Figure 1.12

"PowerFlex and PowerTape together allow the athletic trainer to apply a preventive and protective tape job that maintains it's integrity longer and doesn't get "soggy" with sweat, and thus is less likely to loosen."

Jerry Weber, A.T.C., P.T.
Head Athletic Trainer,
University of Nebraska - Lincoln





PowerFlex® + PowerTape® VictoryTape™

THE ULTIMATE TAPING SYSTEM



ANKLE - Preventive and Post-Injury Taping - *Continued*

IV. PREVENTIVE ANKLE VARIATION - SPATTING



Figure 1.13



Figure 1.14



Figure 1.15



Figure 1.16

2.75" or 3" PowerFlex and 1.5" or 2" PowerTape or VictoryTape. (See Figures 1.13 - 1.16)



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PowerFlex® + PowerTape® VictoryTape™

THE ULTIMATE TAPING SYSTEM



ANKLE - Preventive and Post-Injury Taping - Continued

V. PREVENTIVE ANKLE VARIATION - SPATTING (Modified/Speed Spatting)



Figure 1.17



Figure 1.18



Figure 1.19



Figure 1.20

2.75" or 3" PowerFlex and 1.5" or 2" PowerTape or VictoryTape. (See Figures 1.17 - 1.20)

"I would definitely recommend trying PowerTape."

Andy Clawson, M.S., A.T.C., Director of Sports Medicine, *The Citadel*



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PowerFlex® + PowerTape® VictoryTape™

THE ULTIMATE TAPING SYSTEM

UPPER EXTREMITY - Preventive and Post-Injury Taping

The taping methods shown here can be used for wrist, hand, thumb, and elbow injury prevention, post-injury stability and various post-injury situations requiring special taping. These techniques provide post-injury support for sprains and strains of these upper extremity areas.

I. REGULAR OR BASIC PREVENTIVE WRIST/HAND/THUMB



Figure 2.1



Figure 2.2



Figure 2.3

2" or 1.5" PowerFlex and 1.5" & 1" PowerTape or VictoryTape. (Figure 2.1 - 2.3)

II. POST-INJURY WRIST VARIATION



Figure 2.4



Figure 2.5



Figure 2.6

2" or 1.5" PowerFlex and 1.5" & 1" PowerTape or VictoryTape. (Figure 2.4 - 2.6)



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THE ULTIMATE TAPING SYSTEM



UPPER EXTREMITY - Preventive and Post-Injury Taping - Continued

III. REGULAR OR BASIC PREVENTIVE THUMB



Figure 2.7



Figure 2.8



Figure 2.9

2" or 1.5" PowerFlex, 1.5" & 1" PowerTape or VictoryTape. (See Figures 2.7 - 2.9)

IV. POST-INJURY THUMB

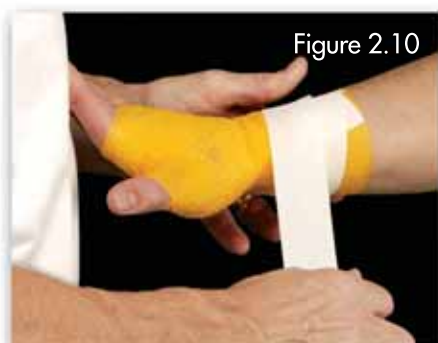


Figure 2.10



Figure 2.11



Figure 2.12

2" or 1.5" PowerFlex, 1.5" & 1" PowerTape or VictoryTape. (See Figures 2.10 - 2.12)

V. WRIST



Figure 2.13

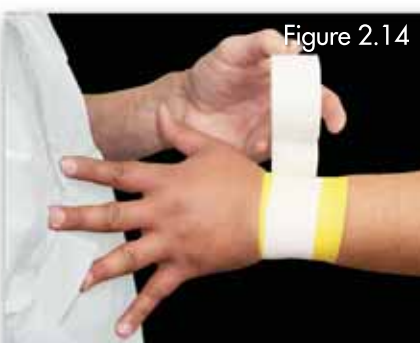


Figure 2.14

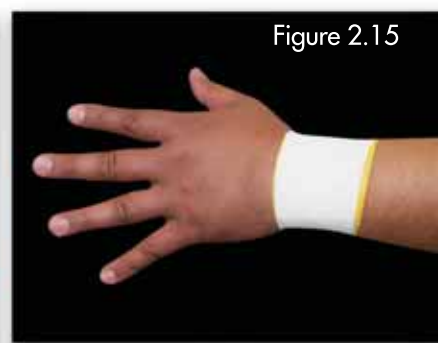


Figure 2.15

2" PowerFlex, 1.5" PowerTape or VictoryTape (See Figures 2.13 - 2.15)

*"What sets PowerTape apart is that it contains virtually no stretch - less than 1%.
Traditional cloth trainers tape contains 5 - 6% stretch."*

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



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UPPER EXTREMITY - Preventive and Post-Injury Taping - Continued

VI. POST-INJURY ELBOW



Figure 2.16



Figure 2.17



Figure 2.18

2.75" or 3" PowerFlex and 1.5" or 2" PowerTape or VictoryTape. (Figure 2.16 - 2.18)

"Strongest post-injury taping system that provides maximum stability and range of motion control which is vital to preventing re-injury"

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



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PowerFlex® + PowerTape® VictoryTape® THE ULTIMATE TAPING SYSTEM



ARCH, MID-FOOT AND GREAT TOE - Post-Injury Taping

The taping methods here can be used for basic arch, mid-foot, and great toe injury prevention and postinjury stability requiring special taping. These techniques provide post-injury support for sprains and strains of the foot.

I. PREVENTIVE VARIATION - FOOT ARCH POST-INJURY



Figure 3.1



Figure 3.2



Figure 3.3

2.75" or 2" PowerFlex and
1.5" or 2" PowerTape or VictoryTape.
(See Figures 3.1 - 3.3)

*"The combination of
PowerFlex and PowerTape
has some unique characteristics
that are very advantageous in
the protective strapping of
our athletes."*

Andy Clawson, M.S., A.T.C.
Director of Sports Medicine
The Citadel



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ARCH, MID-FOOT AND GREAT TOE - Post-Injury Taping - Continued

II. POST-INJURY TURF TOE



Figure 3.4



Figure 3.5



Figure 3.6



Figure 3.7

2" PowerFlex, 1" PowerFlex and 1" or 1.5" PowerTape or VictoryTape. (See Figures 3.4 - 3.7)



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TAPING METHODS TO PREVENT INJURY



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ARCH, MID-FOOT AND GREAT TOE - Post-Injury Taping - Continued

III. POST-INJURY VARIATION - TURF TOE/ANKLE COMBINATION



Figure 3.8



Figure 3.9



Figure 3.10



Figure 3.11

"With so many positive performance and protection factors, it just makes sense to use the Andover combination of PowerFlex and PowerTape."

Jerry Weber, A.T.C., P.T.
Head Athletic Trainer
University of Nebraska - Lincoln

2.75" or 2" PowerFlex, 1" PowerFlex and 1", 1.5" or 2" PowerTape or VictoryTape.
(See Figures 3.8 - 3.11)

Special Thanks

Andover would like to extend a special thanks to the following athletic training programs for their commitment to evaluating new products with an open mind. Their progressive thinking and methods have led to the development and refinement of PowerTape.

Jerry Weber and the athletic training staff at University of Nebraska.

Andy Clawson and the athletic training staff at The Citadel.





PowerFlex® + PowerTape® VictoryTape™

THE ULTIMATE TAPING SYSTEM

BUDGET TAPING METHOD

1 roll PowerFlex + 1 roll PowerTape or VictoryTape = 2 ankles



Up to 63% cost savings over Traditional Taping*

*Based on estimated per ankle costs



STEP 1:
Wrap PowerFlex 2" to 3" above the ankle bones.



STEP 2:
Apply tape with 1 top anchor and 3-4 short stirrups.



STEP 3:
Continue wrapping tape with combination Figure 8 and Heel-Lock.



STEP 4:
Finish with 2 circular strips (top and bottom of taping) to close.

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