

BASKETBALL season has begun and getting injured is unavoidable. Aside from common ankle or knee injuries, jamming any one of your fingers will affect your game tremendously depending on the severity. This injury can happen on any level and in all the age groups.

This simple tip will help you coaches or parents and young athletes continue to play ball. Using the buddy tape technique will allow you as an athlete to still catch, pass, dribble and shoot the ball.

Very common fingers to get injured are the index fingers, middle fingers and sometimes the ring finger. You may notice that the middle carpal joint is mostly affected. Depending on the severity of the injury (how badly jammed), the athlete will have minimal range of motion when trying to make a fist. The goal for the buddy tape is to use the finger beside the injured one as a splint. The injured finger will have minimal movements but can still function as a whole with passing, catching, dribbling and shooting.

Let's get started. In this example, the index finger is injured.

1. You need a 2.5-inch white athletic tape. Before taping, you will need to rip the tape in half lengthwise.



JAMMED FINGERS: USE 'buddy' tape technique



2. Tape the middle finger and the index finger together starting on the proximal end of the hand, (closer to the knuckles). Rip the tape for the necessary length as different athletes need longer length than others.

3. Then, expose the injured knuckle and tape around the distal end of the fingers (between the middle joint and the outer joint). Use the other half of the ripped tape and tape it around the two "buddy" fingers.



4. In the end, it should look like this.

After the game, you will notice that your injured finger will be sore. This is where you apply ice to the area especially

after the game to reduce the swelling and the pain. You can replace the tape with a new one and use it throughout the day to

immobilize your fingers to help with healing. It will get better after days or weeks of rest.

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