

Zinc Oxides— Regular

'Most Popular' - Jaybird EX1



Most Popular
Zinc Oxide

Ideal for all joint taping, most popular for ankles, wrist, hand and fingers. Zinc oxide tape is rigid so it serves to stabilise the joint and prevent too much movement e.g. prevent rolling the ankle or over extension of the wrist. **Jaybird Ex1** is our most popular regular strength rigid tape so ideal for an athlete who is starting to return to play. A big feature is the serrated edge which makes it much easier to tear by hand. In a busy dressing room where speed of taping is paramount this is a huge feature as well as the quick unwind feature of the tape. **Mueller M** tape and **Sterotape** are other popular regular strength zinc oxides we offer but don't have the serrated edge like the Ex1.

Important to Note - The Jaybird Ex1 and Mueller M tapes are both 13.7m long, many alternatives on the market are 10m long rolls so almost 40% extra tape on the EX1 and M tape.

For ankles the 1.5" width is by far the most popular but some like the 2.0"width. For wrist and thumb taping a mix of the 1.5" and 1.0"width is recommended and for smaller fingers we would recommend the 0.5" width sterotape or the 0.5" strappal (see below).



Mueller M Tape



Sterotape

Zinc Oxides — Advanced / Extra Strong

'Most popular' - Premium Strapping Tape



Best Selling Tan
Strapping Tape

This is the best quality Rigid strapping tape on the market and a must have for every taping kit. If you have a more acute joint that you want extra stability this is the ideal solution. Excellent for knee and shoulder joints where there is a lot of rotation and movement so the extra strength and adhesion of the tape prevents it from shearing or coming apart. Works really well in conjunction with Hypafix for Knee and shoulder taping. For an ankle that you are more concerned about this is the ideal solution to have as an additional option to the regular strength zinc oxide. Its excellent for long term applications also. For Rugby this is the no 1 rigid tape because of the features outlined and the extra rigours of the game.

Important to Note - Premium strapping tape 13.7m long, we have a 10m long version in the exact same tape.

The most popular width is 1.5" for ankles, knees, wrists and shoulders with some small demand for 2.0". 1.0" is popular for thumbs and fingers.

Strappal & Sports Tape Pro plus would be considered stronger than the Ex1 and M tape so is situated in between those and the Premium strapping tape. So if you need some additional strength in the white zinc oxide you could consider having some rolls of each. The 0.5" strappal is very popular for fingers.



Strappal



Sports Tape Pro Plus

Elastic Adhesive Bandages — Hand Tearable

'Most Popular' - Sports Tear Plus from Jaybird



Most Popular Hand
Tearable EAB

This is a hand tearable Elastic adhesive bandage that is stretchy so ideally suited for muscles where you need to allow contraction. It conforms well to joints and is used to close off the rigid tape strapping of the joint. It's a very popular tape for wrist taping and conforms well in a thumb spica configuration. The 2.0" is popular for wrists and ankles, whereas the 3.0" width is popular for Knee and Hamstring taping. If you're working with Rugby teams the 3" is in huge demand for the jumpers in the lineout and the 2" for taping the wrists and any head taping.

We also offer this hand tearable EAB in the **lightplast Pro** brand which is also quite popular and in the **steroplast** brand.

Important to Note - Sports Tear Plus and Lightplast Pro are both 6.8m long and many of the market alternatives are only 5m long so these tapes are almost 40m longer.



Lightplast Pro



Steroplast EAB Tear Lite
(Identical to the tan premium
tape—just in white)

Elastic Adhesive Bandages (E.A.B)



Tensoplast (formerly Elastoplast)

- Top Quality elastic Adhesive Bandage from BSN Medical.
- 4.5m long available in 2.5cm (1"), 5.0cm (2") 7.5cm(3") & 10cm(4") widths.
- 2.5cm(1") - Brown.
- 5.0cm(2") 7.5cm(3") & 10cm(4") - White.



Steroplast EAB

- High quality cotton elastic adhesive.
- 4.5m long available in 5.0cm (2") 7.5cm(3") & 10cm(4") widths.

Spatting Tape



Mueller Spatting Tape

- Mueller Spatting Tape features a light, strong and low-profile design that's perfect for practice and game-day use.
- Spatting is a taping technique which is prevalent in the US and is **an effective method of applying tape over the boot to stabilise the ankle joint within the boot**. It creates a rigid wrap holding the ankle firmly in place with the added support of the boot to stabilise the ankle.
- Mueller spatting tape is a cohesive style tape which can be applied quickly as it's often used when an ankle injury occurs during a game which requires immediate enhanced support.

Combi Packs



Leuko-tape P Combi Pack

- 1 x Leuko-tape P & 1 x hypafix 5.0cm.
- Supplied together in a combi box as shown.

Renowned Leuko Tape P Combi Pack



Hypafix (5cm) / Fixomull (10cm)

- A high quality hypo allergenic, soft conforming stretch fabric tape.
- Water resistant.
- Use under Leuko-tape P or alternatives for patella or shoulder taping etc.

Kinesio/Dynamic Taping



Sports K Tape

- High-quality, cotton tape with elastic properties, and a self-adhesive acrylic-coating (adhesive properties of the tape).
- The adhesive coating allows air and water circulation.
- Excellent alternative to Kinesio Tex brand. Excellent Quality & adhesion.
- Available in 5cm x 5m rolls in colours Black, Beige, Blue & Red.

We have excellent feedback from customers who use this tape



Dynamic Tape

- Allows the wearer to move through full range of motion without limitation but with strong **biomechanical assistance** (as opposed to a primary neurophysiological approach).
- 5m long in 5.0cm(2") & 7.5cm (3") widths.

Other Taping

Other Popular Taping.
Please see website for more details.

Cohesive Bandages

Powerflex Cohesive



Sports Cohesive (Cotton)



- Top Quality cohesive bandage.
- Sticks to itself & not to skin.
- High strength lightweight.
- Comfortable.

Underwrap

SPS Foam Underwrap (Jaybird)



- Foam tape for protecting skin when applying tape.
- 7.0cm width.

Scissors & Cutters



Foams, Felts & Gel Protection



Adherent Sprays & Removers

