

# Buddy Taping



## **What is it?**

Buddy Taping is the tape job most commonly used for “Jammed Fingers.” This form of taping performs what is called an anatomical splint, where you use another body part to protect and “splint” the injured body part.

## **How do you do this?**

To perform buddy taping you need ½ inch tape and you apply the tape going around both fingers below the middle joint at least 2 times, then apply tape going around both fingers above the middle joint at least 2 times.

## **How do I know if it is right?**

If the finger tips begin to turn purple you have put the tape on too tight and if they can still move their fingers away from each other it is on too loose.