

Proximal Tibiofibular Joint (PTFJ): Stabilizing Tape Technique for Posterior Instability

Twin Cities Orthopedics – Complex Knee Injury Clinic

Jill Monson, PT, OCS

Physical Therapy Team – Complex Knee Injury Clinic

Twin Cities Orthopedics | Training HAUS

Warnings

- Do not use tape if your skin is allergic or sensitive to adhesives
- If you apply the tape and your skin reacts, remove it immediately
- If taping makes your symptoms feel worse, remove it immediately

PTFJ: Description of Posterior Instability

Click on the link below to watch the video.

Watch Video:

<https://vimeo.com/605675785>



PTFJ: Identifying Landmarks

Click on the link below to watch the video.

Watch Video:

<https://vimeo.com/605674774>



Taping Supplies

Cover-Roll® (2 inches wide)



Leukotape® (1 ½ inches wide)



Skin Care

Prep Before Taping

- Apply tape to clean, dry skin (no lotions or creams on the skin)
- Do NOT apply over broken or irritated skin
- You can purchase skin barrier wipes to use to protect against skin irritation or breakdown
- Always use the Cover-Roll® tape first to provide a protective barrier between your skin and the Leukotape®
- Remove the tape immediately if it creates a skin reaction

Skin Care After Removing

- Gently remove the tape to avoid skin irritation
- Gently clean the skin to remove remaining adhesive
 - You can purchase adhesive remover lotion or liquid
- Moisturize skin between tape application to avoid excessive drying or breakdown
- Take taping “breaks” periodically to avoid skin irritation or breakdown

PTFJ: Taping Technique for Posterior Instability

Click on the link below to watch the video.

Watch Video:

<https://vimeo.com/605676587>



Tape Use Schedule

- This taping technique can remain on the leg for multiple days if no skin irritability or breakdown develops (2-3 days at a time)
- You can wear the tape for this extended duration (especially if symptoms are very pronounced at a baseline) or focus on only using the tape only while being active (with activities that provoke your symptoms)
- If symptoms improve with the tape, use it consistently for 2-3 weeks
- Attempt to wean out of using the tape after symptoms have improved and observe whether symptoms return or worsen again

Tape Weaning: Example Schedule

Step 1
(2-3 Weeks)

Wear tape routinely (daily) to reduce joint irritability.

Step 2
(2-4 Weeks)

Wear tape every other day the first week, then gradually reduce to every 2-3 days over weeks 2 through 4 if symptom relief is maintained.

Step 3
(2-3 Weeks+)

Only wear tape for most provocative activities as needed and then eventually discontinue use completely (per ongoing symptom relief).

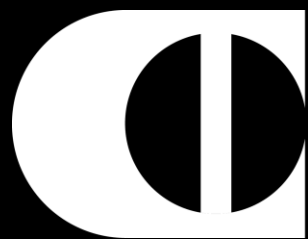
Questions?

Please direct questions about the taping technique or physical therapy to address proximal tibiofibular joint issues to:

Jill Monson, PT, OCS

JillMonson@TCOmn.com

Lead Physical Therapist for Dr. Robert LaPrade
TCO Complex Knee Injury Clinic – Physical Therapy



**TWIN CITIES
ORTHOPEDICS**



**TRAINING
HAUS**