

# **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/821817040>



# PTFJ: Identifying Landmarks

Click on the link below to watch the video.

Watch Video:

<https://vimeo.com/821816849>



# 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/821817260>



# 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).

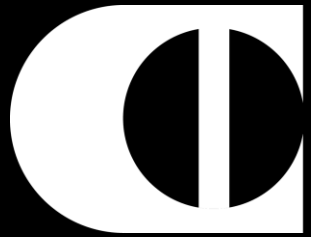
# Questions?

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

Jill Monson, PT, OCS

[JillMonson@TCOmn.com](mailto:JillMonson@TCOmn.com)

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



**TWIN CITIES  
ORTHOPEDICS**



**TRAINING  
HAUS**