to bring the felt firmly against the side of the knee joint. Two pieces of one-half inch tape are placed across the four ends of the strap as anchors. This bandage is removed after each game and a fresh one is applied before every scrimmage and game.

## Knee Guards

To prevent injuries around the knee joint, such as water on the knee, puffed knees, etc., we cut out the usual knee pads from the pants. Our pants are now ordered from the manufacturer without knee pads. In their place we use a piece of felt about a foot square. A "V" is cut on two opposite sides to permit flexion of the knee joint. The felt is then placed so that the "V's" are opposite the joint; the guard is applied with the knee bent.

During practice sessions, one-inch elastics are used to hold this knee guard in place. During scrimmages and games, the felt is taped on. A startling reduction in knee injuries resulted from the use of this type of pad. Either three-eighths inch or one-half inch felt is satisfactory for this type of knee guard.

## Thighs

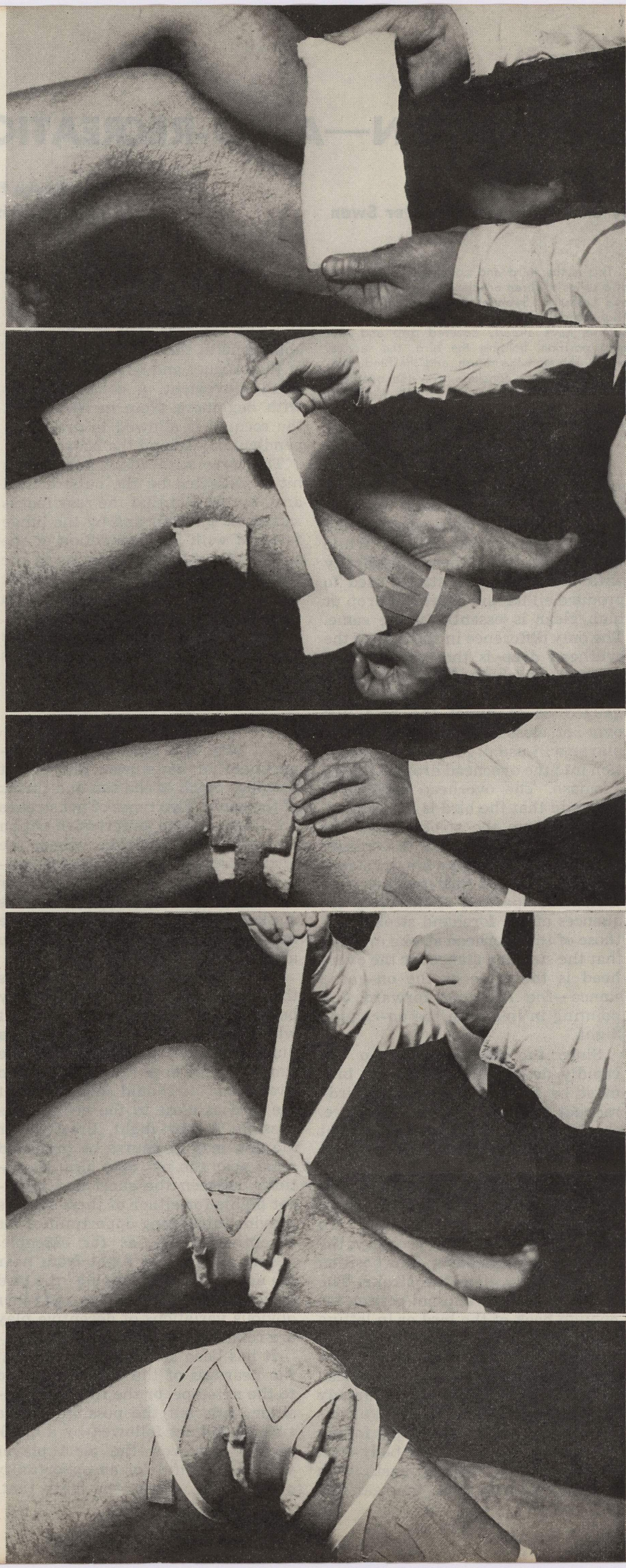
We have not experimented a great deal in keeping down thigh injuries but the few experiences we have had convinced us that most "charley horses" to the thighs can be prevented. Most of these injuries are due to either not having a large enough thigh guard, or to the thigh guard moving around too much and leaving some area unprotected and exposed to injury.

We ordered several pairs of extra large thigh guards for some boys, and strapped these on directly to their thighs. This type of protection not only prevented further injury but enabled several boys to play who already had "charley horses." Next year we intend to follow the same plan for all our boys and we also intend to get pants without the thigh guards, preferring to attach the thigh guards directly to the boy's leg. Some of the other schools have also obtained good results with this method. William Foley, coach of the Bloomfield High state champions, employs this method.

## Hips, Kidneys and Ribs

We do not use the ordinary type of hip pad which comes attached to the pants. Instead we use separate blocking pads. However, these are not of the standard type, and were specially constructed for us so that the fiber extends about two inches farther all around than they do in the standard pad. Thus the lower ribs and kidneys were given greater protection. The manufacturer accommodated us in this manner without any great additional

*(Concluded on page 33)*



**Right: Knee Strap**

The knee is flexed slightly while this modified "Duke Simpson" bandage is being applied. The enlarged ends of the "I" shaped piece of felt furnish lateral support to the knee joint.