

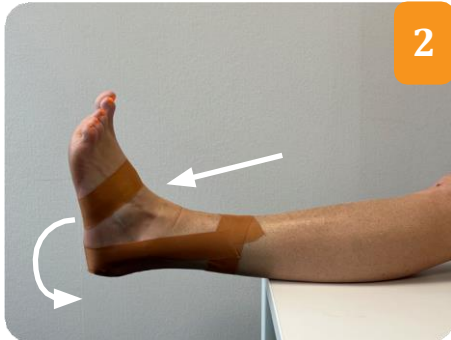
Ankle Taping



1

Shin and foot anchors

Place anchor around the shin - Ensure tape is not too tight.
Place anchor around the foot – midway between ankles and toes.
Ensure tape is not too tight under arch of foot.



2

Lateral stirrup

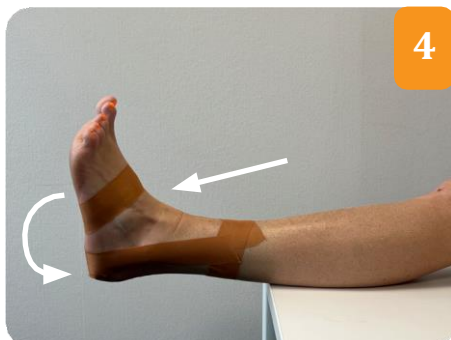
Starting on the inside of lower leg, on the shin anchor take tape under the heel and up outside of ankle and the leg, applying tension to the tape.
Finish the tape on the shin anchor.



3

Reinforcing the ligament

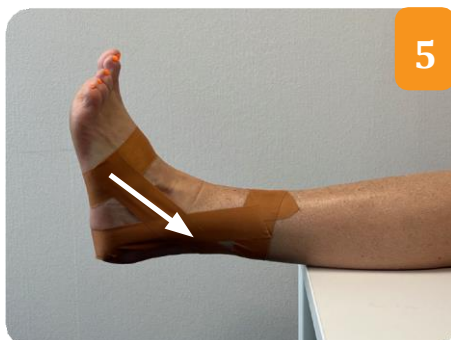
Starting on the foot anchor, place a strip of tape on tension at a 45° angle to the base of the foot.
This lies over the ligament that has been injured.
Take the tape around the back of the calf muscle and finish on the shin anchor on inside of the leg.



4

Repeat lateral stirrup

Starting on inside of lower leg, on the shin anchor, take tape under the heel and up outside of ankle and the leg, applying tension to the tape.
Finish the tape on the shin anchor.



5

Repeat reinforcing the ligament

Starting on the foot anchor, place a strip of tape on tension at a 45° angle to the foot.
This lies over the ligament that has been injured.
Take the tape around the back of the calf muscle and finish on the shin anchor on inside of the leg.



Horizontal stirrup

Starting on the inside of the foot on the foot anchor, place a piece of tape over around the back of the heel and finish on the foot anchor on the outside of the foot.



Repeat the horizontal stirrup

Starting on the inside of the foot on the foot anchor, place a piece of tape over around the back of the heel and finish on the foot anchor on the outside of the foot.



Heel lock and anchor

Starting on the shin anchor in the middle of the shin, move down over the outside ankle and wind around the heel (keep the achilles free). Wind around the back of the heel under the foot and onto the top of the foot anchor to secure the tape. Repeat this process.



Finish off

Finish off with 2 anchors on the shin.