

ANKLE TAPING

General Ankle Taping for maximal support

The following is a general recipe that may be used by Physiotherapist to provide excellent support to the ankle and to prevent ankle injury:

- Stirrups x 2 – 3
- Figure of 6's x 2 – 3
- Reverse Figure of 6's x 2 – 3
- Half heel lock x 1
- Reverse half heel lock x 1
- Repeat Anchor x 1

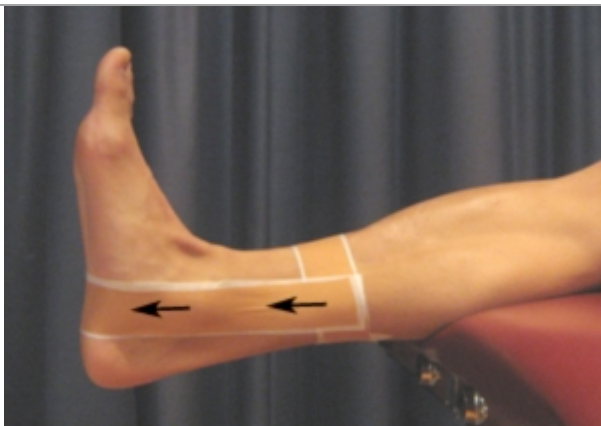
EXERCISE



DETAILS

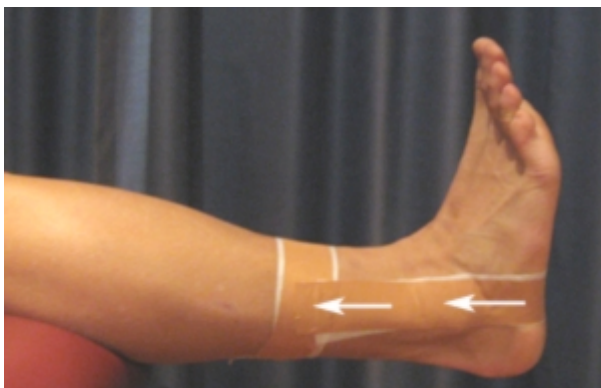
Anchor

Place a strip of tape around the lower 1/3 of the shin. This should be applied gently to prevent circulatory problems and is used as a fixation point for the other ankle taping techniques.



Stirrups

Keeping the foot and ankle in a neutral position (foot and toes pointing vertically upwards), start the tape at the level of the anchor on the inner aspect of the ankle and lower leg. Begin this ankle taping technique by following the black arrows and conclude this taping technique at the level of the anchor at the outer aspect of the ankle and lower leg by firmly following the white arrows. Do 2-3 stirrups just slightly forwards and backwards of each other depending on the amount of support required.



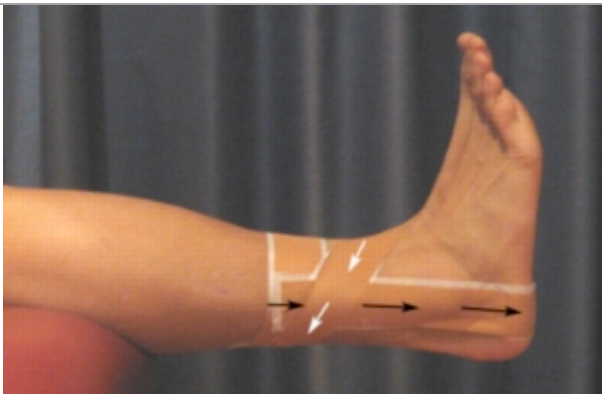
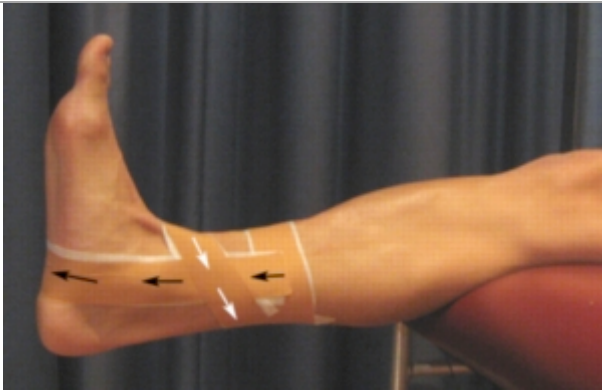


Figure-of-6's

Keeping the foot and ankle in a neutral position, start the tape at the level of the anchor on the inner aspect of the ankle and lower leg. Begin this ankle taping technique by following the black arrows and conclude this taping technique by firmly following the white arrows to the inner aspect of the ankle. Do 1-3 Figure-of-6's slightly forwards and backwards of each other depending on the amount of support required.

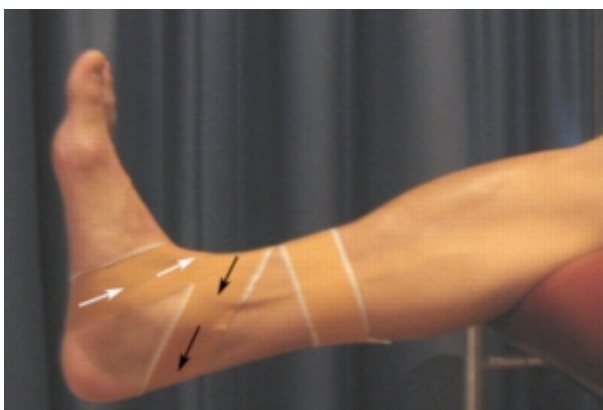
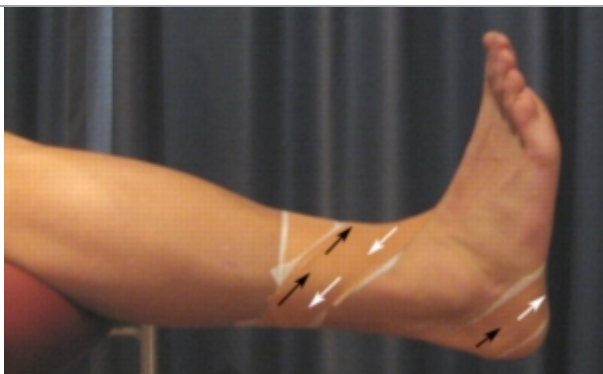
Reverse Figure-of-6's

Keeping the foot and ankle in a neutral position, start the tape at the level of the anchor on the outer aspect of the ankle and lower leg. Begin this ankle taping technique by following the black arrows and conclude this taping technique by firmly following the white arrows to the outer aspect of the ankle. Do 1-3 Reverse Figure-of-6's slightly forwards and backwards of each other depending on the amount of support required.



Half Heel Lock

Keeping the foot and ankle in a neutral position, start the tape at the level of the anchor on the inner aspect of the ankle and lower leg. Begin this ankle taping technique by following the black arrows and conclude this taping technique by firmly following the white arrows back to the inner aspect of the ankle.



Reverse Half Heel Lock

Keeping the foot and ankle in a neutral position, start the tape at the level of the anchor on the outer aspect of the ankle and lower leg. Begin this ankle taping technique by following the black arrows and conclude this taping technique by firmly following the white arrows back to the outer aspect of the ankle.