

A BASIC GUIDE TO ANKLE TAPING

1



Preparation

Clean and dry the skin. Cover the tendons to stop cuts.

TIP: Keep the ankle bent at 90°

2



Anchors (x1)

Wrap tape around the shin a few cm above the bottom of the fibula.

3



Stirrups (x 1-2)

Start in the middle of the **INSIDE** anchor, lay tape directly down under the foot and finish back on the **OUTSIDE** anchor.

Tip: Cover the boney bumps

4



Figure of 6 (x2-4)

Start in the middle of the anchor on the **inside** of the ankle (same as stirrup), lay tape down under the foot slightly offset to fan across the outside of the ankle. The tape should finish near the boney bump on the **inside** of the ankle.



TIP : Fan the tape

When doing your 6's, fan the tape lower and lower across the front of the ankle.

TIP : Always overlap the tape by half. Lay a few for good coverage.

5a



Calcaneal Sling (x2)

Start on the **front** in the **middle** of your anchors. Lay tape above the boney bump and then loosely over the middle of the achilles. Loop around under the foot, and follow the tape back to where you started. Repeat in the opposite direction (going inside above the boney bump, around the achilles and under the foot).

5b



#4



Close it off

If the tape is comfortable, do another anchor to hold down loose ends.

Tip: Use a lower anchor to close any gaps.