

# Injury Bulletins

## Ankle Taping



- 1 Ensure ankle and lower leg is clean and dry. If necessary, apply a skin prep or alcohol solution, and allow to dry to ensure good adhesion of the tape to the skin.
- 2 Apply protective padding and cover any existing wounds
- 3 Apply 1-2 anchor strips around the base of the calf muscle
  - *The first strip at the base of the calf*
  - *The second strip overlapping the first by half of the width of the tape*
- 4 Apply 2-3 stirrups (depending upon size of foot/ankle)
  - *Begin from the anchor on the medial side (inside), covering half the malleolus (ankle bone) hooking underneath the heel and finishing at the anchor on the lateral side (outside)*
  - *The second and third stirrup should overlap the first by half the width of the tape, gradually moving forward but never tape past the small bone half way down the outside of the foot.*
- 5 Apply a figure of 6
  - *Begin on outside, wrap around and under the foot to finish on outside by pulling up firmly*
- 6 Apply a reverse figure of 6
  - *Begin on inside, wrap around and under the foot finish on inside*
- 7 Heel locks (2 complete sets)
  - *Begin on the outside, wrapping the tape down around the back of the ankle, diagonally across the inside of the heel and finish on the outside*
- 8 Closing down of the stirrups
  - Apply 2 separate strips of tape, each overlapping their predecessor by half the width of the tape



**\* Remember, never tape past the small bone half way down the outside of the foot**

**Please feel free to discuss any problems or queries with your physiotherapist or get up to date treatment options by subscribing online at [www.rehabonthenet.com](http://www.rehabonthenet.com).**