

Eastern Sports & Spinal Care
'Performance Focused Physio'

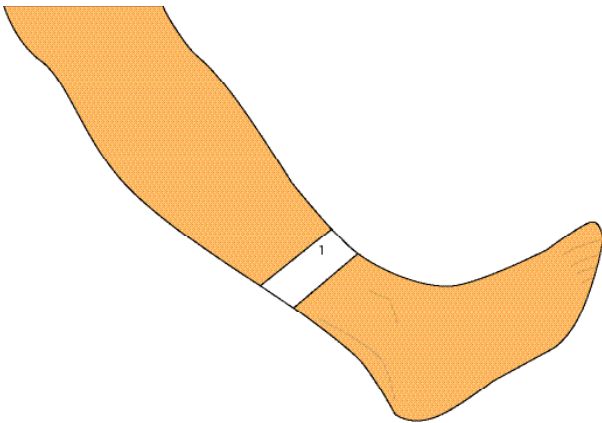
Ankle Taping Techniques for Sport

Ankle taping is normally used following the initial rehabilitation of a 'rolled ankle' in order to return to sport.

The purpose of taping the ankle is:

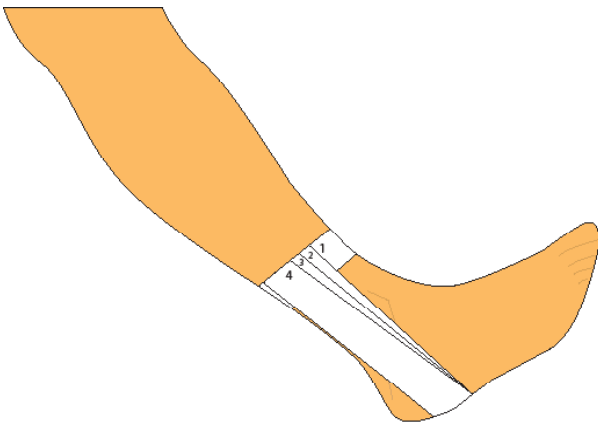
- To provide ankle support
- To enhancing joint proprioception (body's awareness of the joint in space)
- Increase confidence
- To reduce risk of further injury

Taping Technique:



1. Anchor and Stirrups

- Ensure the skin is clean and dry before applying the tape.
- The anchor is placed around the ankle avoiding creases and folds.
- Make sure this is not too tight and that the tape does not 'dig into' the skin at any time.



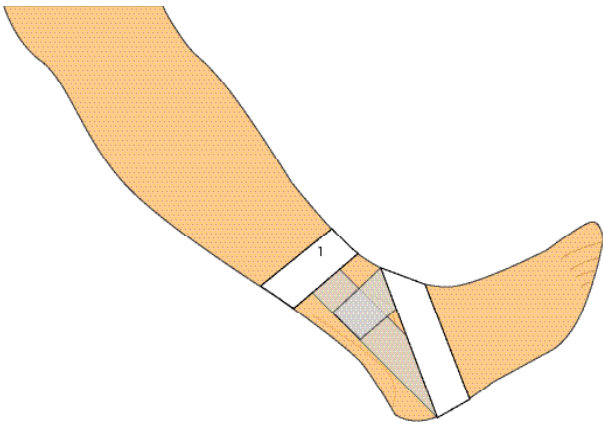
2. Stirrups

- 3 stirrups are placed around the heel of the foot contacting the anchors.
- They are fixed to the inside of the foot (on the anchor) and pulled around to the outside of the leg, looping under the heel.
- Make sure this is done firmly and doesn't 'dig' into the leg. No creases, wrinkles or folds.

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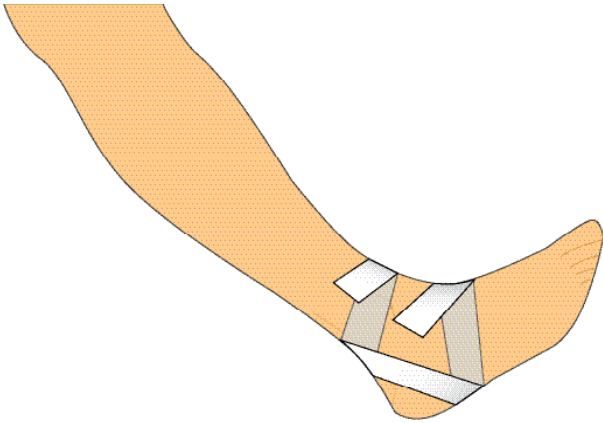
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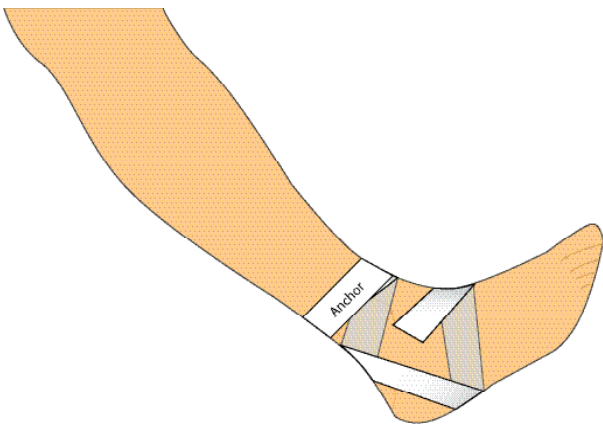
3. Figure 6s

- Attached to the inside of the leg, looping under the heel, coming around the front of the ankle. This attaches to the inside of the ankle again.
- Another figure 6 can go the other direction, starting on the outside of the leg finishing on the outside again.



4. Heel locks

- The 'heel lock' starts on the inside of the foot, wraps around the back of the heel, looping under the heel, returning to the inside of the foot.
- Another 'heel lock' is also applied to the outside, finishing of the outside of the leg.



5. Anchor

- An anchor is applied again to fix the ends of the tape.

Please note:

Skin care is very important. Ensure that the area that the tape will be applied to is clean and dry. The area to be taped should be shaved to ensure good adhesion, proper support and reduce irritation to hair follicles.

Some people are allergic to the tape's adhesive. If there are signs of skin irritation like redness, itching or rash – remove immediately and seek advice from your physiotherapist.

Disclaimer: This resource is designed to support physiotherapy management at Eastern Sports and Spinal Care as it is a guide only. This is for personal use only since this resource may not be applicable to your condition and we do not guarantee its success in your rehabilitation. We strongly encourage you to consult a health professional for accurate diagnosis and management