

METHODIST SPORTS MEDICINE—THE ORTHOPEDIC SPECIALISTS

Ankle Taping

- Supplies:
- QDA
 - Pre-wrap
 - 1 1/2" Coach Tape



Step #1
Prepare ankle with tape adherent.



Step #2
Apply pre-wrap.



Step #3
Apply 2 anchor strips above the ankle and below belly of calf and an anchor around the foot. (Be careful not to apply too tight.)

Step #4
With foot in a neutral position, apply 3 stirrup strips running inside to outside.



Step #5
Fill in lower leg.



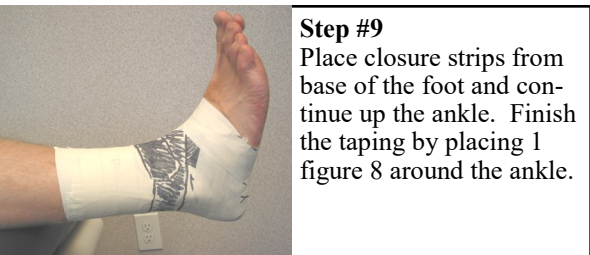
Step #6
Apply 3 horseshoes beginning at the base of the 5th metatarsal to the 1st metatarsal working your way up.



Step #7
Alternate 2 heel locks to each side of the heel. Begin on the inside of the foot, bring the tape under the heel, lock it by bringing the tape behind the lower leg then over the top of the lower leg.



Step #8
Place 1 figure 8 around the ankle. Start on the inside of the ankle and run the tape in a figure 8 direction.



Step #9
Place closure strips from base of the foot and continue up the ankle. Finish the taping by placing 1 figure 8 around the ankle.

If you have any questions regarding your taping, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist _____ Ext: _____

HOME EXERCISE PROGRAM