

Achilles Taping

PURPOSE: To create support for the Achilles tendon.

Supplies:

- QDA (tape adherent)
- Pre-wrap
- 1 1/2" Coach Tape
- 3" Elastikon
- 2" Elastic Tape (Jaylastic)



Step #1

Spray the area lightly with tape adherent.

Step #2

Apply pre-wrap around the mid-foot and in the mid-calf. Using 1 1/2" white tape apply 3 strips in each area acting as an anchor.



Step #3

Cut 3 strips of 3" elastikon that fit between the foot and the calf. Cut a slit on each end of the elastikon. Beginning at the foot, tear the tape and wrap around foot and pull towards calf creating a pointed toe. Split the tape where hits calf and wrap around. Repeat this two more times overlapping each side of the initial strip (See illustration below).



Step #4

Using 1 1/2" white tape apply 2-3 anchors at the mid-foot and calf to cover ends of Elastikon.

Step #5

Using 2" Elastic tape, wrap from foot to calf overlapping by half of tape to calf being careful to not stretch/pull too tight.



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