

Ankle Taping



Anchor - With the ankle at 90 degrees, apply 38mm Rigid tape anchors around the ankle, approximately 15-20mm above the malleoli (bony surfaces on outside of the ankles).



Stirrups - Apply 2-3 stirrups, beginning at the medial side of the ankle and running under the foot to the anchor on the lateral side of the ankle.



Figure 6's - Apply 2-3 figure 6's. Begin at the medial ankle and running under the foot before crossing the front of the ankle to finish semi overlapping from the centre of the ankle to the medial side of the ankle.



Heel Locks are then applied by beginning at the medial anchor and running the tape across the front of the ankle, wraps around behind the heel before running under the heel and returning across the front of the ankle to the medial anchor. this can be repeated once in each direction.

Prepared with the advice of a professionally registered physiotherapist