

Ankle Taping

Aims: to provide protection for the ankle and help prevent injury through stabilising the joint and enhancing your awareness of the joint's position.

Preparation for taping

- Ensure your ankle and lower leg are clean, dry and preferably hair free.
- Apply protective padding to cover any wounds
- If you have a known allergy to tapes and adhesives, cover your ankle in a hypoallergenic under-wrap, such as 'Fixomull', first.
- Select the right tape width for your ankle – 38mm will be appropriate for most ankles.
- Place the ankle in the position you want it maintained in, ie, toes pulled back

Other tips for good taping

- Avoid wrinkles and gaps in your taping as these can cause blisters and cut the skin.
- Always finish taping with a 'lock piece' or 're-anchor' as this ensures the strips underneath it will not peel away during activity.



Post-taping Checks:

- Check that the tape is not too tight and impairing blood flow by lightly pinching a toe or part of the foot below the taping – normal colour should rapidly re-appear.
- Make sure the area below the taping feels normal and that you have no pins and needles or numbness.
- Check that the taping restricts the movements it was intending to restrict by moving the ankle up and down and side to side and by going for a walk or run. You should be able to function normally with tape in place.

Warnings:

- Never apply tape to an injury that has not been evaluated by a healthcare professional.
- If you experience any of the following, remove the tape immediately:
 - Itching around or under the tape
 - Any signs of redness around the tape
 - Increased pain that you feel is due to the tape
 - Any pins and needles or numbness in the foot or toes.

Hints for removing tape

- Never rip tape off fast from the skin as this will often cause bleeding under the skin or tear skin off with the tape. Instead, pull the tape back on itself and places pressure on the skin as close as possible to the line of attachment with the tape.
- Soak the tape in water or use tape remover
- Use blunt scissors or tape cutter to get under the tape.

Variations on how to tape an ankle.

There are lots of various ways that an ankle can be taped depending on the ankle problem, the size of the person, the type of activity they are taping for, and the skills of the person taping.

We have demonstrated several techniques here and recommend you get advice from your physio as to which technique will be best in your circumstances.

Here are a few common ways to tape.

Technique 1

1. Anchor
2. Stirrups x 3
3. Figure 6's (2 inside to out, 2 outside to in)
4. Anchor to lock taping off, and second anchor overlapping slightly lower down

Technique 2

1. Anchor
2. Stirrups x 3
3. Figure 6's (2 inside to out, 2 outside to in)
4. Heel lock & reverse heel lock
5. Anchor to lock taping off, and second anchor overlapping slightly lower down

Technique 3

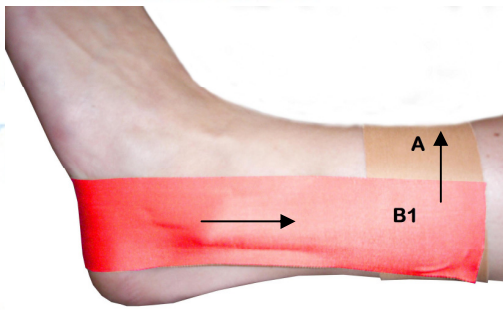
1. Anchor
2. Basket weave technique instead of stirrups
3. Figure 6's (1 inside to out, 1 outside to in)
4. Anchor to lock taping off, and second anchor overlapping slightly lower down

Technique 4

1. Anchor
2. Basket weave technique instead of stirrups
3. Figure 6's (2 inside to out, 2 outside to in)
4. Heel lock & reverse heel lock
5. Anchor to lock taping off, and second anchor overlapping slightly lower down

Possible Ankle Taping Methods

Anchor (A) – apply 1 strip of tape around the base of the calf muscle (1/3 up lower leg) to give following pieces of tape a good base to stick to.



Stirrups – Apply first stirrup (**B1**) starting from the inside aspect of the ankle, then, covering the inside ankle lump, pull tape under the heel, over the lump on the outside aspect of the ankle and attach to the anchor on the outside aspect of the foot. **B2** & **B3** stirrups are done in the same direction as **B1**, but **B2** start ½ tape width in front, and **B3** ½ tape width behind. This will stagger the stirrups (pictured below).

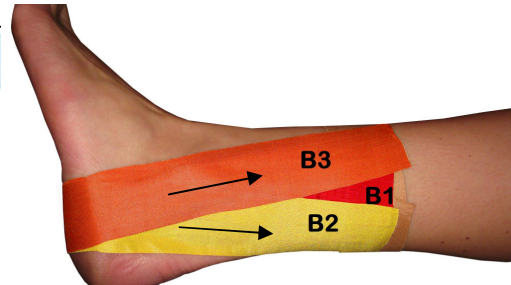
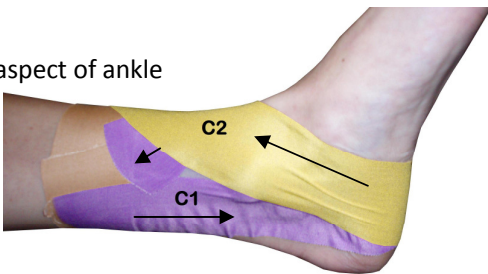


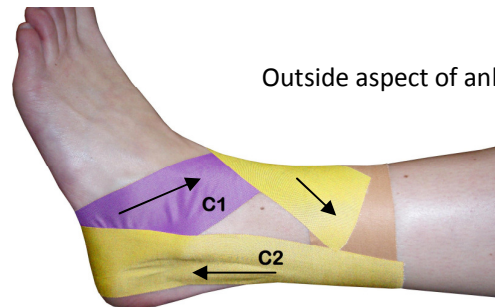
Figure of 6 - (C1) Begin from the anchor on the inside aspect of the ankle, follow the stirrup under the heel and then return across the front of the ankle to where the tape started from.

Reverse Figure of 6 - (C2) Beginning from the anchor on the outside aspect of the ankle, repeat as for **C1**

Inside aspect of ankle

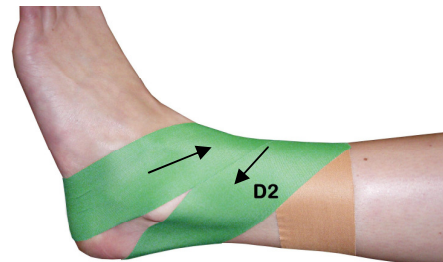
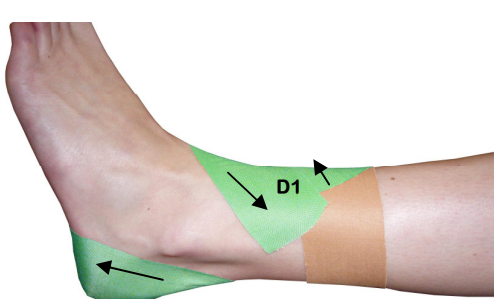


Outside aspect of ankle



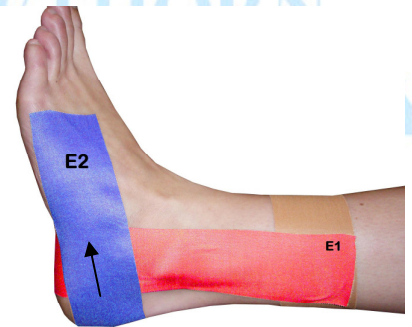
Heel lock - (D1) Start at the front of the ankle and lay the tape diagonally across the top of the foot towards the inside of the heel (wrapping over the top of the inside ankle bone), then around the back of the heel towards the outside aspect of the ankle, then under heel following the line of the stirrups, then back up across the front of the foot.

Reverse Heel Lock - (D2) Repeat as for **D1**, but start taping towards the outside of the heel.

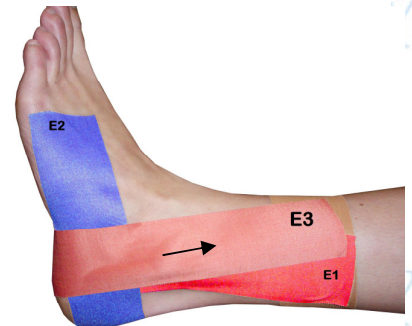


Basket Weave

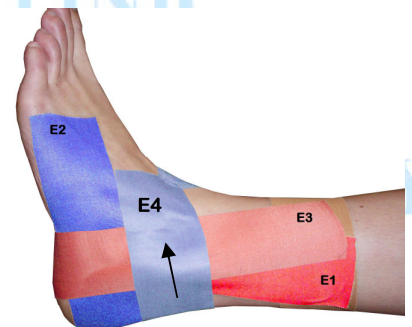
Stirrup 1 (E1) – starting from the inside aspect of the ankle, pull tape down over the inside ankle lump, under the heel, over the lump on the outside aspect of the ankle and pull up to attach to the anchor on the outside aspect of the ankle.



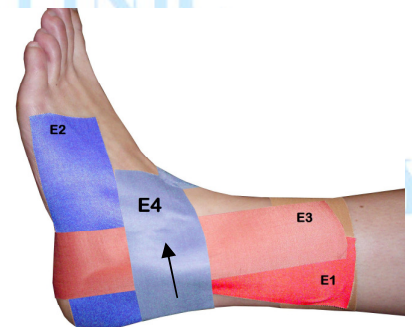
Horseshoe 1 (E2) – starting from just below the side of the big toe, pull the tape around the back of the heel and finish just below the side of the little toe.



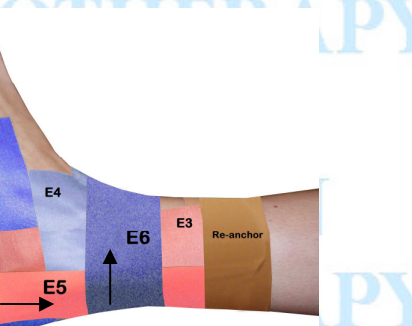
Stirrup 2 (E3) – Repeat as for E1 but fan the tape forward in relation to stirrup E1 by about half the width of the tape.



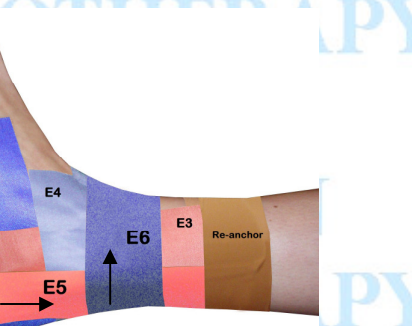
Horseshoe 2 (E4) – Repeat as for E2 but start the tape high up the foot (so it just overlaps horseshoe 1 (E2)).



Stirrup 3 (E5) – Repeat as for E1 but fan the tape backwards in relation to stirrup 1 by about half the width of the tape.



Horseshoe 3 (E6) – Repeat as for E2 and E4 but again start the tape higher on the ankle so it just overlaps horseshoe 2 (E4).



Re-anchor – secure the stirrups with another loop of tape over the original anchor. This may need to be done twice to cover all areas of skin.

