

Step by Step guide to standard ankle taping-

1. Inspect and prepare the skin. Observe for any areas of irritation, infection or damage that could be made worse with the addition of tape.

2. Place in protected, dorsi-flexed position.



3. Apply pre-wrap with heel and lace pads if desired. You would like as little distance between the tape and skin as feasible. Don't pile on the pre-wrap.



4. Apply (1) full piece of tape on the skin below the calf muscle. Then add 2-3 additional pieces covering the previous strip by 1/2. This is called the anchor



5. Apply 2-3 stirrups medial (inside ankle) to lateral (outside ankle) running from anchor to anchor under the heel



6. Apply 2-3 cover strips from anchor down leg towards ankle



7. Figure 8 - Start along the angle of the heel (a), go under foot and then on top go around the lower leg(b) then return to where you started(c).

