

8. Heel Locks - continuing the path of the tape, simply hook the heel going behind the heel, under the heel and then over the top. This must be done 2x so you lock the heel in on both sides.



9. Apex - continuing the path of the tape, simply pull a strip across the tip of the heel.



10. Finish by locking in the tape job with cover strips and over the remaining ends of the tape.



This incorporates the minimal amount of protection. If you feel the athlete needs more, simply add more fig. 8's and heel locks.

Link to video demonstration:

[https://www.youtube.com/watch?v=\\_rIWX9cavgw](https://www.youtube.com/watch?v=_rIWX9cavgw)