



# INFORMATION SHEET

## ANKLE STRAPPING

### PREVENTATIVE STRAPPING FOR SPORT / ACTIVITY

Ankle strapping can be a useful adjunct to your physical therapy treatment, especially when it comes time to return to sport or strenuous activity. There are many different ways to strap an ankle. This sheet details one method that is effective and relatively easy to learn.

1. Ideally the area to be taped should be shaved first. Keep the ankle bent to 90° throughout the procedure. First apply 1 anchor around the lower third of the leg. Do not wrap this tightly around the leg as this may become uncomfortable.

2. Next apply a stirrup that starts at the anchor tape on the inside of the leg (in the rear half of the leg) tapes downwards to the heel, under the heel and is pulled tautly upwards to finish at the anchor tape on the outside of the leg (in the rear half of the leg).

Apply a 2nd stirrup in the same manner. This stirrup overlaps the front edge of the 1st stirrup by 1/3 to 1/2 the tape width.

A 3rd stirrup can be applied if required. Again, this will overlap the front edge of the 2nd stirrup by 1/3 to 1/2 of the tape width.

3. If additional support is required, half heel-locks can be applied over the stirrups. These are more difficult to apply so only use if necessary. Start the tape on the outside of the ankle, above the ankle bone, on the stirrup tape, angled towards the inside arch of the foot. Pull the tape downwards towards the inside of the foot, under the arch, then angled backwards across the outside of the heel. Lastly, direct the tape around the back of the achilles tendon to finish parallel to and overlapping the start of the tape.

4. The 2nd half heel-lock is effectively a mirror image of the first. Start the tape on the inside of the ankle above the ankle bone; cross over the front of the ankle and down to the outside of the foot; cross under the foot; angled backwards across the inside of the heel; cross over the back of the achilles tendon to finish overlapping the start of the tape.

5. Finish by applying another anchor over the original anchor from step 1.

#### Care Instructions:

-When applying the stirrups and heel-locks, be careful not to tape over the top of the 5th metatarsal (the bony prominence halfway down the outer border of your foot) as this can make the strapping uncomfortable.

-Avoid creases in the strapping tape that is directly against the skin.

-Wetting the strapping first (e.g. having a shower) may make it more comfortable to remove after sport / activity.

-If strapping your ankle regularly, watch out for possible skin irritation. If skin irritation develops, discontinue strapping.