

# TAPING 101

## • *How to tape your ankle* •

### Step 1 - Position

Firstly, have the person sit with their ankle hanging over a bench. The person should pull their toes towards their head so to bring the ankle into a 90° bend.

### Step 2 - The Anchor

Begin by applying an 'anchor' around the ankle just above the two ankle bones.



### Step 3 - The Stirrups

Apply the 'stirrups'. Begin on the inside of the ankle and wrap the tape under the heel and up the tape on the outside of the ankle. Generally 2-3 stirrups are applied with each slightly overlapping each other.



### Step 4 - The Sixers

Apply the 'sixers'. Begin on the inside of the ankle and wrap the tape under the heel. Wrap the tape over to the inside of the ankle across the front of the foot so the two ends of tape meet. Repeat this step on the other side of the ankle. Generally 2-3 sixers are applied with each slightly overlapping each other.



### Step 5 - The Locking Anchor

Finish off by applying another anchor at the same position as the original anchor. This ensures all of the tape will stay in place and not peel away during activity.



The guide above is a very simple example for basic support for the outside of the ankle.

If you have recently injured your ankle or if you have had ankle pain or instability for some time, book an appointment at PhysioWest today online or by calling 8352 3582