

## ANKLE TAPING

**LifeCare Mount Pleasant  
Physiotherapy**

Suite 2, 37-39 Reynolds Road  
Mount Pleasant WA 6153

Tel. 08 9315 3855

Fax. 08 9315 3988

mtpleasant@lifecare.com.au

[www.lifecare.com.au](http://www.lifecare.com.au)

ABN 52 400 799 047

ACN 118 112 619

**A frequent ankle sprain usually means you need orthotics – we mould these up in your session with your physiotherapist.**

- **Remember pain for more than 3 days needs attention from a physio. You should not train if it hurts to run on the injured site.**

## Ankle strapping

Note all images used are property of [www.physioadvisor.com.au](http://www.physioadvisor.com.au)

### **Basic ankle taping for a sprained ankle (In order):**

- Anchor x 1
- Stirrups x 2-3
- Figure-of-6's x 2-3
- Repeat anchor x1

### **Ankle taping for maximal support (In order):**

- Anchor x 1
- Stirrups x 2-3
- Figure-of-6's x 2-3
- Reverse Figure-of-6's x 2-3
- Half Heel Lock x 1
- Reverse Half Heel lock x 1
- Repeat anchor x 1

### **Position of foot while taping:**

- In neutral position, with foot and toes pointing vertically upwards

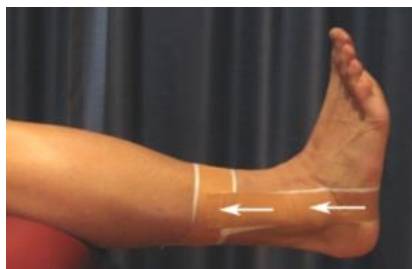
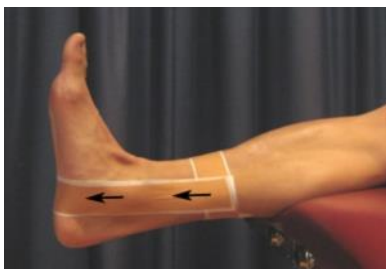
### **Anchor:**

- Place a strip of tape around the lower 1/3 of the shin



### **Stirrups:**

- Start the tape on the inside of the anchor
- Work the tape underneath the sole of the foot
- Attach the tape to the outside of the anchor



### **Figure-of-6:**

- Start the tape on the inside of the anchor
- Work the tape underneath the sole of the foot then up and across the front of the foot
- Attach the tape where you started on the inside of the anchor



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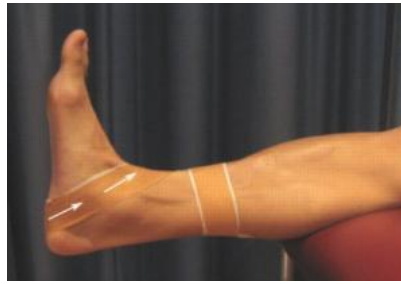
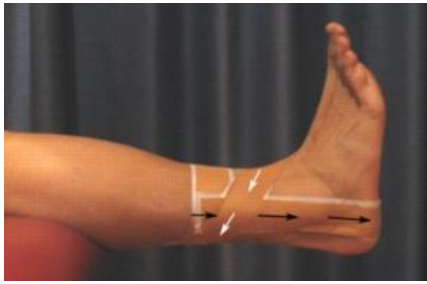
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### Reverse Figure-of-6's:

- Start the tape on the outside of the anchor
- Work the tape underneath the sole of the foot then up and across the front of the foot
- Attach the tape where you started on the outside of the anchor



### Half Heel lock:

- Start the tape on the inside of the anchor
- Work the tape across the front of the leg, around the heel, then under the sole of the foot
- Attach the tape where you started on the inside of the anchor



### Reverse Half Heel lock:

- Start the tape on the outside of the anchor
- Work the tape across the front of the leg, around the heel, then under the sole of the foot
- Attach the tape where you started on the outside of the anchor



**You are ready to return to sport if you can hop backwards on the injured leg with NO PAIN!** (Remember a physio is the best person to clear your return to sport, we can also advise safe, graduated return to training so that the injury does not happen again)

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**Everybody needs LifeCare**