

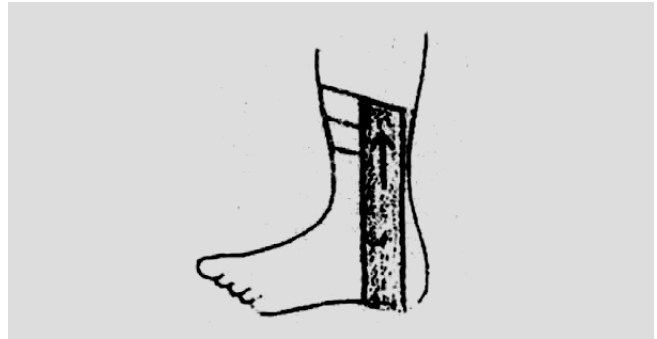
How to strap an ankle

1. ANCHORS X2



- ▶ Angled slightly upwards & overlapping
- ▶ ~12 cm above ankle bone
- ▶ Not too tight

2. STIRRUPS X2



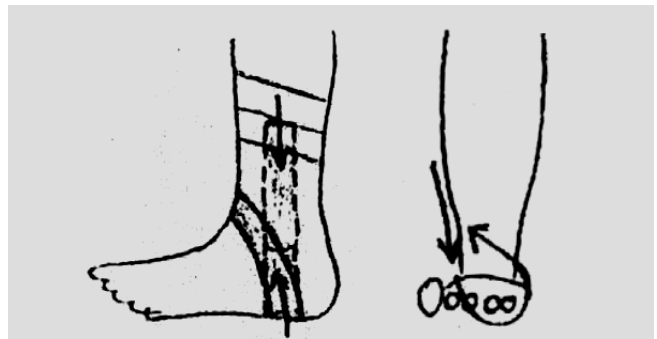
- ▶ Start from inside & pull firmly up to outside
- ▶ Overlapping
- ▶ Keep back under the heel

3. HEEL LOCKS



- ▶ Start on the front of the shin
- ▶ Angle downwards to the outside of the ankle
- ▶ Go down behind achilles and under the heel
- ▶ Pull tape firmly back to where you started
- ▶ Do _____ to the outside, and _____ to the inside

4. FIGURE 6



- ▶ Go straight down over the inside ankle bone
- ▶ Under heel, and pull up & diagonally across the front of the ankle

5. ANCHORS

- ▶ Finish with anchors to seal ends of tape

TAPE REQUIRED

- Brown Leukotape
- White Fixomull
- White overwrap