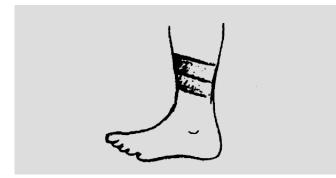
**BJC Parramatta** Level 1, 17-21 Hunter Street Parramatta, NSW 2150 **BJC Chatswood** Suite G5B, Ground Floor, 7 Help Street Chatswood, NSW 2067 **BJC Brookvale** Suite 147, Level 1, 117 Old Pittwater Rd Brookvale, NSW 2100

# How to strap an ankle

### 1. ANCHORS X2



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

### 3. HEEL LOCKS

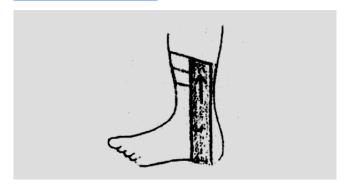


- Start on the front of the shin
- Angle downwards to the outside of the ankle
- Go down behind achilles and under the heel
- Pull tape firmly back to where you started
- Do \_\_\_\_\_ to the outside, and \_\_\_\_\_ to the inside

#### 5. ANCHORS

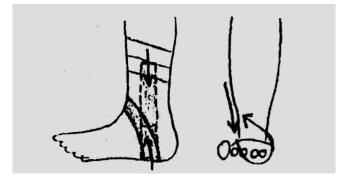
Finish with anchors to seal ends of tape

#### 2. STIRRUPS X2



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

## 4. FIGURE 6



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

## TAPE REQUIRED

- 🔲 Brown Leukotape
- 🔲 White Fixomull
- 🔲 White overwrap

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