

## Indications for Ankle Taping

It is generally beneficial to tape an ankle in the following instances:

- **Following certain ankle injuries** - Ankle taping may be beneficial following certain ankle injuries (such as sprains), during activities that aggravate, or are likely to aggravate, the existing condition (this should be discussed with the treating physiotherapist as certain ankle injuries should not be taped – such as some fractures).
- **To prevent injury** - Ankle taping may be beneficial during sports or activities that place the ankle at risk of injury (such as netball, basketball, football, soccer etc.)

### Ankle Taping Techniques

The following taping techniques may be used to provide support for the ankle and are particularly beneficial following a lateral ligament sprain of the ankle, or, to prevent an ankle sprain.

#### Anchor

Place a strip of tape around the lower 1/3 of the shin (figure 1). This should be applied gently to prevent circulatory problems and is used as a fixation point for the other ankle taping techniques.



Figure 1 – Anchor  
Stirrups

Keeping the foot and ankle in a neutral position (foot and toes pointing vertically upwards), start the tape at the level of the anchor on the inner aspect of the ankle and lower leg. Begin this ankle taping technique by following the black arrows (figure 2) and conclude this taping technique at the level of the anchor at the outer aspect of the ankle and lower leg by firmly following the white arrows (figure 3). Do 2-3 stirrups just slightly forwards and backwards of each other depending on the amount of support required.

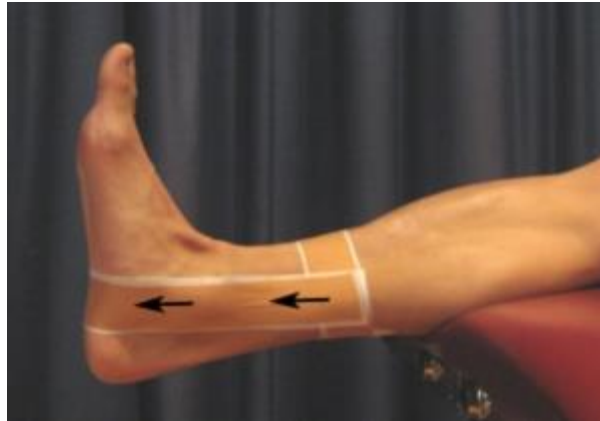


Figure 2 – Beginning of Stirrup (Inner Ankle)

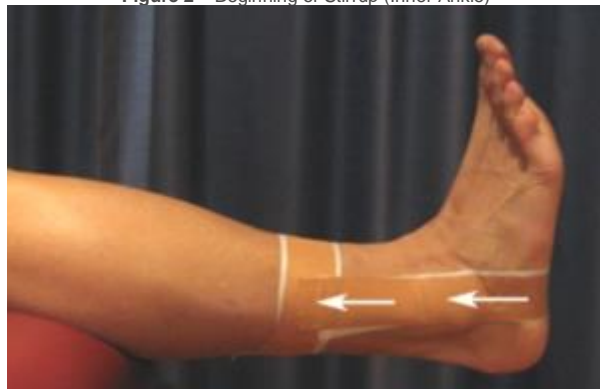


Figure 3 – End of Stirrup (Outer Ankle)  
Figure-of-6's

Keeping the foot and ankle in a neutral position, start the tape at the level of the anchor on the inner aspect of the ankle and lower leg. Begin this ankle taping technique by following the black arrows (figure 4) and conclude this taping technique by firmly following the white arrows to the inner aspect of the ankle (figures 4 & 5). Do 1-3 Figure-of-6's slightly forwards and backwards of each other depending on the amount of support required.

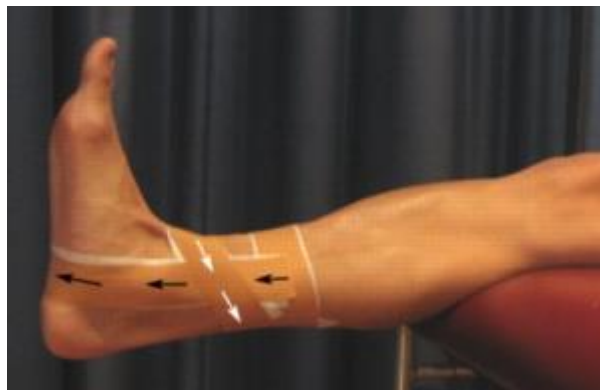


Figure 4 – Figure-of-6 (Inner Ankle View)

Figure 5 – Fire-of-6 (Outer Ankle View)