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Ankle Rigid Indications/Contraindication

- Check the skin
- Ask about skin reactions to tape
- Sensory loss in the region
- Open wounds
- * Goals is to lock the ankle in dorsiflexion and eversion (less eversion and more neutral in the instance of a medial ankle sprain)



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Anchor Strips (Distal and Proximal)




- The proximal strip get placed at the base of the gastric muscle.
- This may be different for each athlete
- Two strips lower posteriorly to allow gastroc muscle freedom of mvt.

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Some Tape Rules

- Move with the contour of the body
- Hold the tape loosely in your hand
- Overlap the tape by 1/2 the width of the tape when putting tape over tape
- Do not leave gaps or tape bunched up
- No wrinkles



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Distal Anchor Strip



- Proximal to the base of the 5th metatarsal
- This is your most distal strip that defines the tape boundary

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Horseshoe Strap

- Medial to lateral in the instance of a lateral ankle sprain.
- Begin at the proximal boundary and posterior to the malleoli
- Pull the foot into eversion
- In the instance of a medial ankle sprain, pull the ankle into talar neutral position



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"C" Strap

- C shaped strap beginning at the distal anchor strap and inferior to the malleoli



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Basket Weave Horseshoe and C Strap X3



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Close the Window



- The window is the open section in the front of the ankle.
- Angle your straps to match the ankle contour
 - Straight distally
 - Lower posteriorly proximally to give gastroc soleus complex more freedom of movement

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Heel Lock

- Begin at a 45 degree ankle with the foot in dorsiflexion
- Tape is placed just below the lateral malleoli for first heel lock



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Heel Lock

1. Begin at malleoli (lateral first)
2. Tape travels medially to behind the calcaneus
3. Under the foot and lateral to the malleoli (opposite side you started on)
4. If you angle is correct you can continue to the second heel lock from there or rip the tape and begin the second heel lock



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2nd Heel Lock

1. Begin at malleoli (medial for the second heel lock)
2. Tape travels medially to behind the calcaneus
3. Under the foot and lateral to the malleoli (opposite side you started on)
4. If you angle is correct you can continue to the second heel lock from there or rip the tape and begin the second heel lock

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Figure 8

- A figure 8 around the ankle and foot
- Adds extra support to the tape



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C strap on the Dorsum of the Foot


- Just distal to the anchor strap
- Research on foot dorsiflexion and this strap



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½ Strap on the plantar surface of the foot


- Just distal to the anchor



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Check for Comfort and Function


- Have athlete get up and walk and see if it feels ok for them
- You may need an extra heel lock for figure 8 to tighten it up



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Arch Support Tape Procedure

- This can be performed with rigid tape or elastikon
- You can use both ½ strips on the white tape
- Elastikon come in 1" and 2" roles you would need both
- Begin with a clean, dry foot



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First anchor

- ½ or full strip is place along the metatarsal heads (full strip pictured)
- Do not circle around the foot these are "C" straps
- Foot is held in dorsiflexion with toes relaxed



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½ Width Sport Tape



- Can rip this to make it ½ size or buy it this way

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Three Tear Drop Strips



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½ Support Strips

- Beginning at the metatarsal head and moving proximal by ½ the width of the tape
- Tape is placed lateral to medial with a medial arch lift



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C straps working proximally



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C straps Anterior View



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Closing the top



- Can use regular width tape
- Apply tape loosely leaving room for the foot to expand

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Complete and Check for Comfort



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