

Convenient

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**All-in-One
Taping Kit!**

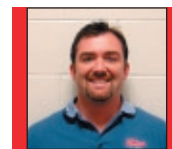
Achilles Taping Kit

- Featuring Jaybird & Mais tapes & underwrap.
- Detailed taping procedure including photos on reverse.
- Taping procedure put together by a certified athletic trainer.



Kit Contains:

- 1 Trainer's Cloth Non-Stretch Tape 1 1/2"x15yds.
- 1 Foam Underwrap 2.75"x30yds.
- 1 Heavyweight Cotton Stretch Tape 3"x5yds.
- 1 Lister Scissors 5.5"
- 8 Skin-Prep Pre-Taping Adherent Wipes



Jaybird & Mais, Inc.

This taping technique has been constructed courtesy of Chris Foye, ATC Assistant Athletic Trainer, University of Massachusetts in conjunction with Jaybird & Mais, Inc.

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Achilles Taping Procedure:

Use these step by step instructions to provide support to a weak or injured achilles.



Step 1:

Position the athlete with the heel pointing upward. Apply Foam Underwrap to provide a proper taping base to the skin. Apply 2 anchor wraps of Trainer's Tape to the base of the calf and mid foot as shown.



Step 2:

Measure a piece of 3" Cotton Stretch Tape along the base of the lower leg to the mid foot anchor.



Step 3:

After proper measurement, cut the tape with a pair of scissors at the desired length required.



Step 4:

Place a 1" deep slit in the middle of each end of the tape as shown.



Step 5:

Take one end of the cotton stretch tape and firmly pull apart the ends to about 3-4". Secure each strip around the mid foot.



Step 6:

When securing the top strips it is important to pull the foot into slight plantar flexion. This will assure that the tape will help support the Achilles tendon during activity.



Step 7:

Make sure that there are no wrinkles, and that there is slight tension on the tape.



Step 8:

This is how the dorsal surface of the foot should look with the anchors.



Step 9:

Apply 3-4 anchor wraps of trainer's tape to secure the ends of the cotton stretch tape.



Step 10:

Apply 3-4 anchors of trainer's tape to secure the ends from the base of the calf downward.

Options to Procedure:

This taping procedure is meant to provide support of "toe-off" activities. If there are concerns of ankle weakness in conjunction with Achilles tendon weakness, a basic ankle taping procedure can be added to this procedure.

Comments:

If more assistance is required, add 1-2 more strips of Cotton Stretch Tape.

Cautions:

It is important when applying the Cotton Stretch Tape that the strips are not pulled too tightly. This may lead to the athlete being unable to function properly during activity. If pain increases or continues, stop usage and consult a certified athletic trainer, physician or qualified medical professional.

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