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

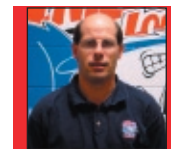
Ankle Taping Kit

- Featuring Jaybird & Mais tape & 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.
- 8 Skin-Prep Pre-Taping Adherent Wipes



Jaybird & Mais, Inc.

This taping technique has been constructed courtesy of Artie Poitras, ATC Head Athletic Trainer, University of Massachusetts in conjunction with Jaybird & Mais, Inc.

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Ankle Taping Procedure:

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



Step 1 & 2:

Prepare the taping area: Shave ankle from the gastrocnemius/Achilles tendon junction and below. Place foot in the dorsiflexion position. Apply foam underwrap from mid-foot to the base of the gastrocnemius/Achilles tendon junction. Maintain foot in dorsiflexion.



Step 3:

Apply 2 anchor strips at the junction of the gastrocnemius/Achilles tendon, over-lapping 1/2 to a 1/3. Angle tape down and back slightly to avoid gapping. Apply one anchor at the midfoot, making sure to place distal to the head of the fifth metatarsal. *Placing directly over the head of the fifth metatarsal can cause discomfort.



Step 4:

Apply stirrups starting on the medial aspect of the upper anchor, place posterior to the medial malleolus, ending on the upper anchor on the lateral side. Always apply stirrups with a medial to lateral pull, as 90% of ankle sprains are inversion (outside part of ankle) in nature. Apply horseshoe, beginning on the medial aspect of the mid-foot anchor and proceed behind the calcaneus and ending on the lateral aspect of the mid-foot anchor.



Step 5:

Apply second stirrup in a similar fashion. Overlap 1/2 to 1/3 of the previous stirrup, it should lie directly over the malleoli. Apply second horseshoe in a similar fashion proceeding up, overlapping 1/2 to a 1/3 the previous, crossing behind the ankle and over the Achilles tendon.



Step 6:

Apply third stirrup and horseshoe, repeating the above process. The third stirrup should lie anterior to the medial malleolus.



Step 7:

Continue horseshoe strips until you have covered the ankle to the upper anchor.



Step 8:

Begin to apply the "Figure Eight". Starting on the dorsal aspect of the foot, move medially down the inside of the foot, across the plantar surface, pulling up on the outside of the foot. Continue by proceeding medially around the ankle, crossing the Achilles tendon and returning to the starting point.



Step 9:

Application of medial and lateral heel lock. Begin on the dorsum of the foot, as in the figure eight. Move medially down the inside of the ankle over the plantar surface of the foot. Pulling up on the outside of the foot.



Step 10:

Cross over front of ankle, crossing the medial malleolus, across the Achilles tendon, angling tape behind and below lateral malleolus. Angle tape underneath the foot and move back up to the dorsum of the foot.



Step 11:

Continue across the lateral malleolus, across the Achilles tendon, angling tape behind and below the medial malleolus. Continue tape around plantar aspect of the foot, ending on the dorsum of the foot.

Options to Procedure:

- 1.) In an eversion (inside part of ankle) sprain, stirrups are applied with a neutral pull versus medial to Lateral.
- 2.) You have the option to use 2" Elastic Stretch Tape or 2" Cotton Stretch Tape for "Figure Eight" and heel locks if more support is necessary.
- 3.) 3" Cotton Stretch Tape can be used for stirrups to increase support as can 2" Moleskin.

Comments:

Common errors: pulling into inversion, leaving windows, failure to strap with foot in dorsiflexion.

Cautions:

In post injury applications, athletes should have full pain-free range of motion (ROM) and strength as compared to the opposite limb before returning to athletic participation. If pain increases or continues, stop use and consult a certified athletic trainer, physician or qualified medical professional.

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