**Ankle Taping Instructions:**

**Technique #1**

1. For best tape adhesion, make sure the ankle is shaved of any hair and that moisturisers or creams are washed off.
2. Position the ankle so that it is pulled up towards the shin bone. Hold here whilst taping as this position protects the ankle ligaments the most.

3. Using white under-wrap (hypoallergenic tape) apply an anchor 5-7cm above the ankle joint.

4. Apply another strip of white tape from the inside of the anchor, under the foot and finishing on the outside of the anchor. This tape is to protect the skin from irritation and does not need to be pulled tight.
5. Using the rigid brown tape apply an anchor directly over the white tape. This should be firm but not too tight as to cut of circulation

6. Using the rigid brown tape apply your first stirrup starting on the inside of the ankle, passing under the heel and finishing on the outside of the ankle. Pull the tape firmly when the tape is outside the ankle so as to hold the ankle in the correct position.

7. Apply two more stirrups. Each stirrup should overlap the first stirrup by half. One slightly in front and the other slightly behind.

8. Apply a figure 6. The figure 6 starts at the inside of the anchor, passes under the heel and crosses back over to the inside of the ankle. (unlike the stirrup which finishes on the outside of the ankle)
9. Apply a heel lock. The heel lock begins on the inside of the anchor, runs across the front of the ankle, wraps around the Achilles tendon back to the inside of the ankle, passes under the heel and finishes back on the inside of the anchor.

10. Lock off the ankle by applying another anchor.