

## BJC Health

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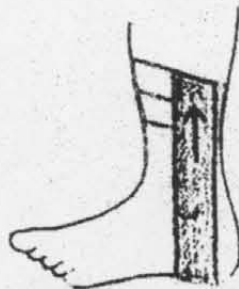
## Ankle Strapping

### 1. ANCHORS x2



- Angled slightly upwards & overlapping
- ~12cm above ankle bone
- not too tight

### 2. STIRRUPS x2



- start from inside & pull firmly up to outside
- overlapping
- keep back under the heel

### **TAPE REQUIRED**

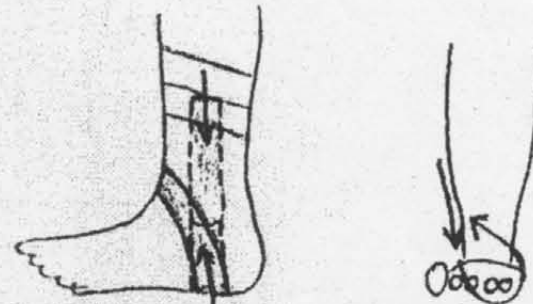
- brown Leukotape
- white Fixomull
- white overwrap

### 3. HEEL LOCKS



- start on the front of the shin
- angle downwards to the outside of the ankle
- go down behind achilles and under the heel
- pull tape firmly back to where you started
- do \_\_\_ to the outside, and \_\_\_ to the inside

### 4. FIGURE 6



- go straight down over inside ankle bone
- under heel, and pull up & diagonally across the front of the ankle

### 5. ANCHORS

- finish with anchors to seal ends of tape