

A BASIC GUIDE TO ANKLE TAPING

1



Preparation

Clean and dry the skin. Cover the tendons to stop cuts.
TIP: Keep the ankle bent at 90°

2



Anchors (x1)

Wrap tape around the shin a few cm above the bottom of the fibula.

3



Stirrups (x 1-2)

Start in the middle of the **INSIDE** anchor, lay tape directly down under the foot and finish back on the **OUTSIDE** anchor.
TIP: Cover the boney bumps

4



Figure of 6 (x2-4)

Start in the middle of the anchor on the **inside** of the ankle (same as stirrup), lay tape down under the foot slightly offset to fan across the **outside** of the ankle. The tape should finish near the boney bump on the **inside** of the ankle.



TIP: Fan the tape

When doing your 6's, fan the tape lower and lower across the front of the ankle.

TIP: Always overlap the tape by half. Lay a few for good coverage.

5a



Calcaneal Sling (x2)

Start on the **front** in the **middle** of your anchors. Lay tape above the boney bump and then loosely over the middle of the achilles. Loop around under the foot, and follow the tape back to where you started. Repeat in the opposite direction (going inside above the boney bump, around the achilles and under the foot).

5b



5c



Close it off

If the tape is comfortable, do another anchor to hold down loose ends.
TIP: Use a lower anchor to close any gaps.

Taping Techniques For The Ankle

Peipei Pang



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Table of Contents Taping Techniques For The Ankle

1. Understanding the eBook Taping Techniques For The Ankle
 - The Rise of Digital Reading Taping Techniques For The Ankle
 - Advantages of eBooks Over Traditional Books
2. Identifying Taping Techniques For The Ankle
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Taping Techniques For The Ankle
 - User-Friendly Interface
4. Exploring eBook Recommendations from Taping Techniques For The Ankle
 - Personalized Recommendations
 - Taping Techniques For The Ankle User Reviews and Ratings
 - Taping Techniques For The Ankle and Bestseller Lists
5. Accessing Taping Techniques For The Ankle Free and Paid eBooks
 - Taping Techniques For The Ankle Public Domain eBooks
 - Taping Techniques For The Ankle eBook Subscription Services

- Taping Techniques For The Ankle Budget-Friendly Options
- 6. Navigating Taping Techniques For The Ankle eBook Formats
 - ePub, PDF, MOBI, and More
 - Taping Techniques For The Ankle Compatibility with Devices
 - Taping Techniques For The Ankle Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Taping Techniques For The Ankle
 - Highlighting and Note-Taking Taping Techniques For The Ankle
 - Interactive Elements Taping Techniques For The Ankle
- 8. Staying Engaged with Taping Techniques For The Ankle
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Taping Techniques For The Ankle
- 9. Balancing eBooks and Physical Books Taping Techniques For The Ankle
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Taping Techniques For The Ankle
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Taping Techniques For The Ankle
 - Setting Reading Goals Taping Techniques For The Ankle
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Taping Techniques For The Ankle
 - Fact-Checking eBook Content of Taping Techniques For The Ankle
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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