

The Sports Medicine Specialists

RSH Physical Therapy
1601 Main Street # 602
Richmond, TX 77469
281.341.2874

Houston Orthopædics & Sports Medicine
1601 Main Street # 601
Richmond, TX 77469
281.565.8800

Polly Ryon Hospital
1705 Jackson Street
Richmond, TX 77469
281.341.3000



David Edell, LAT, ATC, CSCS

Cellular: 713.858.3802

Fax: 281.341.3012

E-Mail: dedell@athleticadvisor.com

Taping for Lateral Ankle Sprain

OBJECTIVES:

- ? Offer Lateral Stability with Specific Reinforcement,
- ? Prevent Inversion,
- ? Restrict End-Range Plantar Flexion and Some Eversion, and
- ? Allow Almost Full Dorsiflexion and Functional Plantar Flexion



Clean and prepare the area by shaving if excessive hair is present. Spray the area with skin toughener (Tuf-Skin®, STA®, etc.). The ankle should be in a neutral position (approximately 0° of dorsiflexion).

Apply lubricated heel and lace pads to prevent blisters and tape cuts over the Achilles tendon and Tibialis Anterior tendon.

Apply pre-wrap to area to be taped.



To control swelling, a felt "J" horseshoe can be cut and placed over the lateral malleolus.

Attach felt "J" pad, if desired, with pre-wrap.

Apply anchor strips of 1½" tape at base of calf and mid-foot. These anchor strips must be in direct contact with the skin to ensure support. The anchor strips on the mid-foot should be applied with light tension. Be careful to not tape directly over the head of the 5th metatarsal.



Apply a stirrup of 1½" tape starting from the calf anchor strips on the medial side around the bottom of the foot to the lateral side of the anchor strips. This strip should pass over the distal edge of the medial and lateral malleolus. Pull up strongly to apply specific tension over the later side of the ankle.

Starting on the medial side of the mid-foot anchor, apply a horizontal horseshoe, passing behind the heel and covering the tip of the lateral malleolus. Put extra tension on the lateral side before reattaching the tape to the mid-foot anchor on the lateral side.

Repeat previous steps twice, over lapping the tape anteriorly by ½.



Apply the first lateral heel lock: begin on the anterior shin passing diagonally down to the lateral aspect of the ankle.

Continue behind the Achilles tendon, around and under the heel.

Then, apply strong tension up over the later side to the medial upper anchor (the tape should end where it began).

Repeat this step again for the lateral side.

Perform this step for the medial side. The tape will begin on the opposite side.



Apply a simple figure-8 to close and to reinforce the ankle. Start anteriorly crossing the ankle towards the medial aspect of the mid-foot and pass under the foot.

Pull up with firm tension over the lateral side before crossing the ankle anteriorly with less tension.

Bring the tape horizontally behind the Achilles tendon.



Finish anteriorly, crossing the starting point of the strip.

Complete the closing-up strips covering the mid-foot and distal anchors.

Test tape for adequate restriction of motion and ensure that tape on mid-foot is not too tight.



A ½" heel lift, beveled at the front edge, will raise the heel and reduce stress on the injured ligaments. This is particularly useful during the subacute stage.