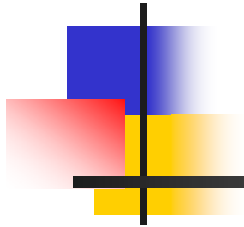


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Arch and Ankle Support Taping





Preparation

- The size of tape to use depends on the area
 - Fingers/toes typically use ½" tape; ankles are 1-1/2" tape
- Taping directly to the skin is best for maximum support
- Must clean skin of perspiration, oil and dirt
 - Can be done using rubbing alcohol
- Over bony prominences, gauze or foam pads should be used to prevent blistering from the tape.



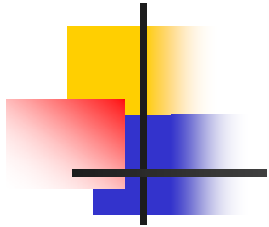
General Rules

1. Place the joint in the position to be stabilized in.
2. Overlap the tape at least half the width.
3. Avoid continuous taping.
4. Smooth and mold the tape as it is laid on the skin.
5. Allow the tape to fit the natural contours of the skin
6. Start with an anchor strip and end with a lock strip
7. Do not apply tape if the skin is hot or cold from treatment



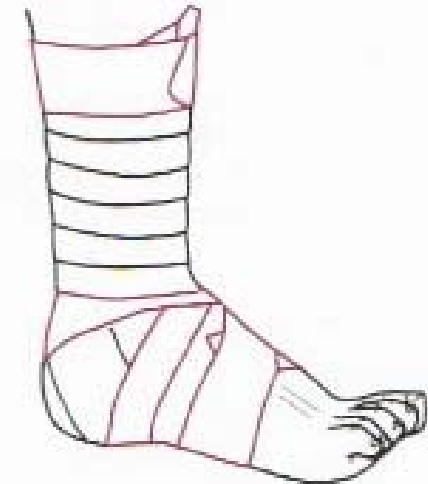
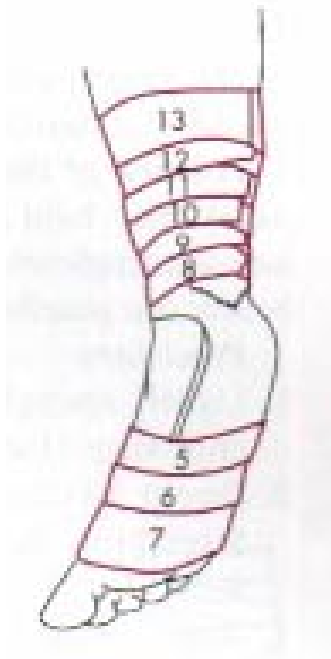
Removal of Tape

- Be careful not to tear or irritate the skin
- Pull in a direct line with the body
- Peel the skin from the tape, not the tape from the skin
- Can use a scissors or tape cutters
- Cut on the uninjured side or away from the injured site to avoid aggravating the injured site



The Ankle

- Closed basket weave
- Open basket weave
- Continuous-stretch
- Achilles tendon

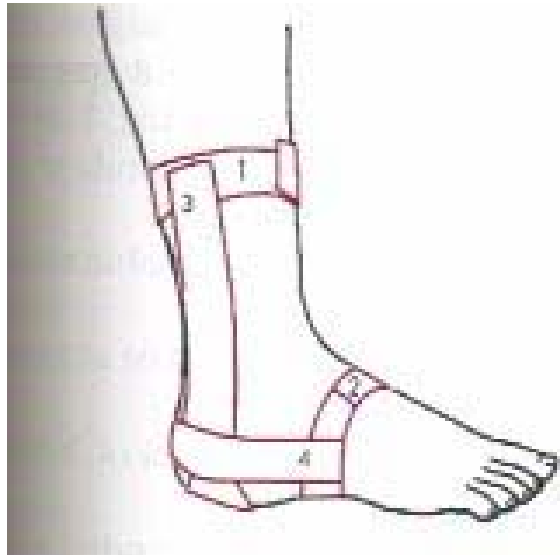


Closed basket weave

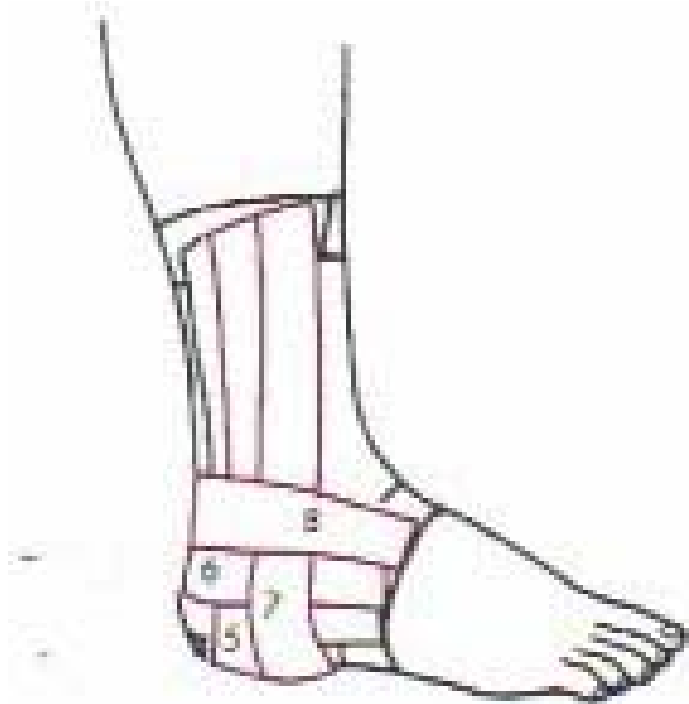
Position: Leg extended and foot held at a 90 degree angle.

Procedure:

- One anchor strip at the base of the calf muscle; and a base strip directly over the styloid process of the 5th metatarsal bone. (Be sure to go in a lateral to medial direction to support the arch)
- Apply the first strip posteriorly to the malleolus and attach it to the anchor strip. (Put the foot into eversion for an inversion strain and neutral for eversion strains) aka: stir-up

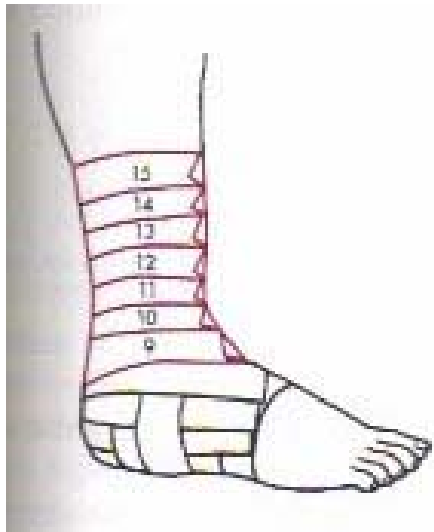


Closed basket weave cont.



- Start the first “horseshoe” directly under the malleolus and attach it to the foot anchor.
- In an alternating series, continue these two strips two more times, being sure to overlap by half each time.

Closed basket weave cont.



- Continue with circular strips up the foot to give circular support
- Apply two to three circular strips laterally to medially for arch support
- Apply two to three heel locks to ensure maximum stability

Open basket weave

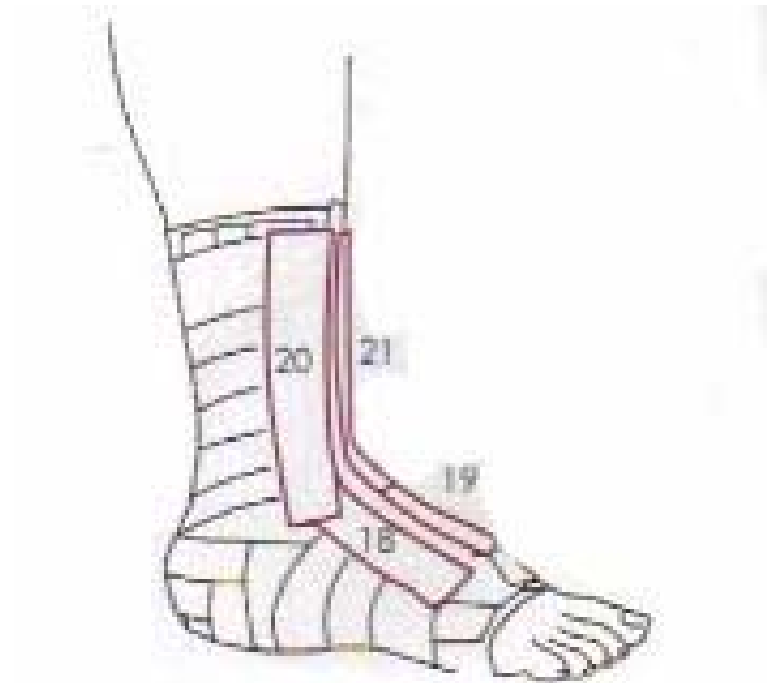
Position: Leg extended and foot held at a 90 degree angle.

- Procedure is the same as the closed basket weave, except for incomplete closures of the strips down the middle.



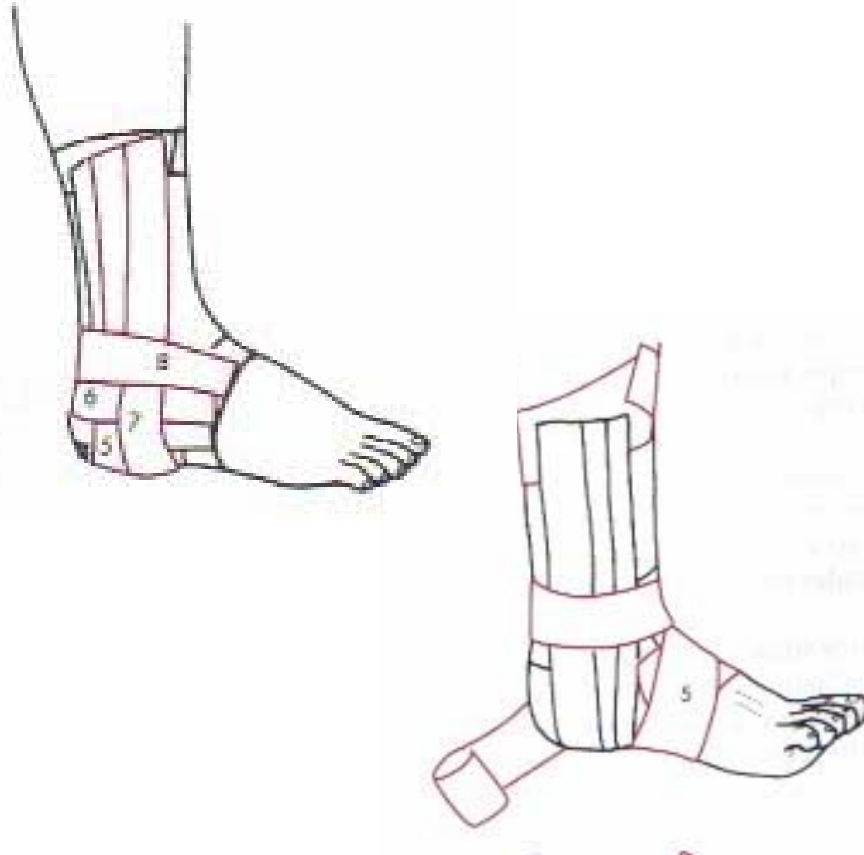
Open basket weave cont.

- Cover the ends of the strips with vertical coverings to secure the strips down and to make the tape job look nice.
- Apply three to four cover strips to control the swelling. (Be sure to “dog ear” these strips, so it is easier to adjust)



Continuous-stretch

Position: Leg extended and foot held at a 90 degree angle.



- Place one to two anchor strips at the base of the calf muscle
- Apply three vertical "stir-ups"
- With stretch tape, starting medial to lateral go around the midfoot and continue in a figure eight pattern to above the lateral malleolus.



Continuous-stretch cont.

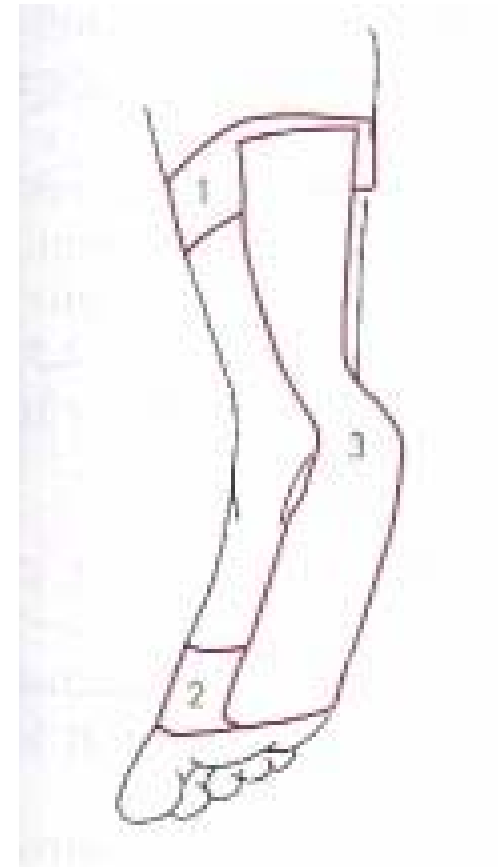


- Continue across the midfoot and then across the heel.
- Next, apply two heel locks, one in each direction.
- Then spiral up the lower leg to fill in the gaps and secure with one or two anchor strips.

Achilles Tendon

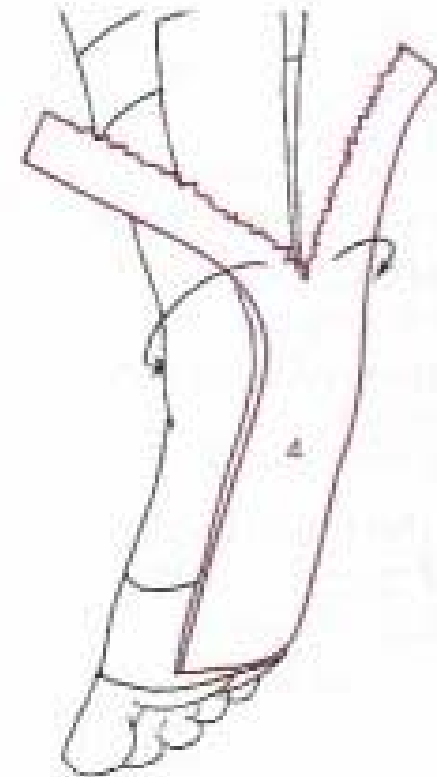
Position: Leg extended and foot held at a 90 degree angle.

- Apply one anchor strip at the base of the calf and one anchor strip around the styloid process of the 5th metatarsal.
- Using 3 inch Elastikon tape, cut the tape down the center and wrap it around the top anchor strip.



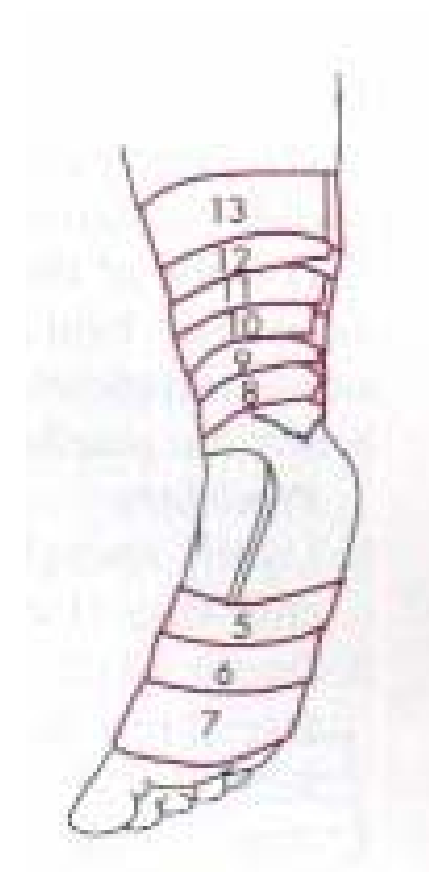
Achilles Tendon cont.

- Then using the person's toes as a guideline, have the person plantar flex their foot and until the tape is just above the toes.
- Cut the tape down the center and wrap the ends around the bottom anchor.

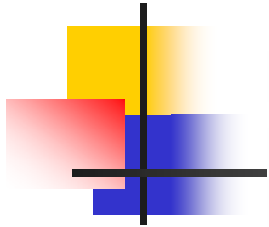


Achilles Tendon cont.

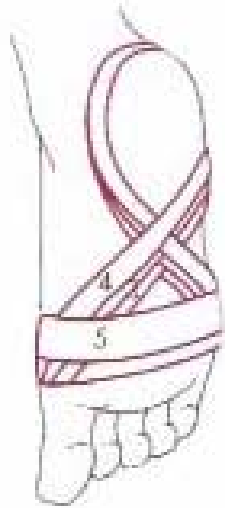
- Continue with another ankle tape job or finish by putting three to four bottom anchor strips and five to six top anchor strips.



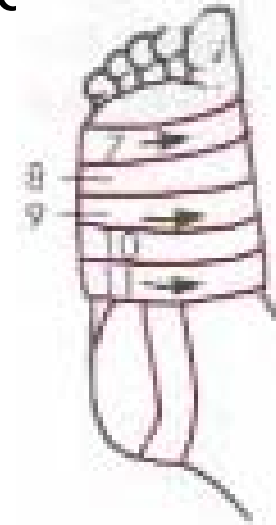
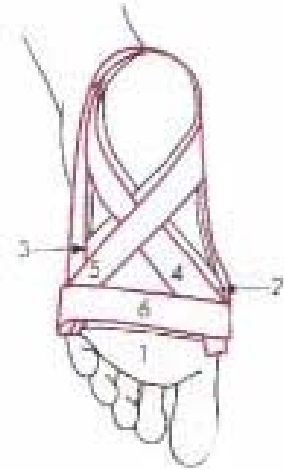
- Four different arches
 - Medial Longitudinal Arch
 - Lateral Longitudinal Arch
 - Metatarsal Arch
 - Transverse Arch



Arch Taping

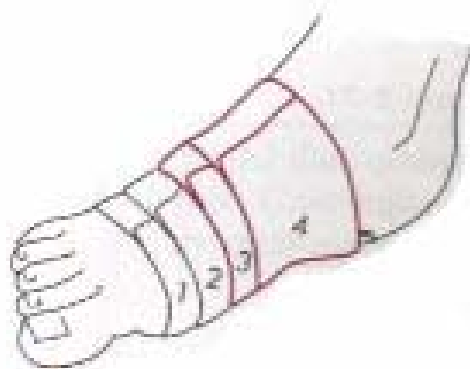


- Pad support
- X for the longitudinal arch
- X teardrop arch and forefoot support
- Fan arch support



Pad support

Position: Leg extended and foot held at a 90 degree angle.

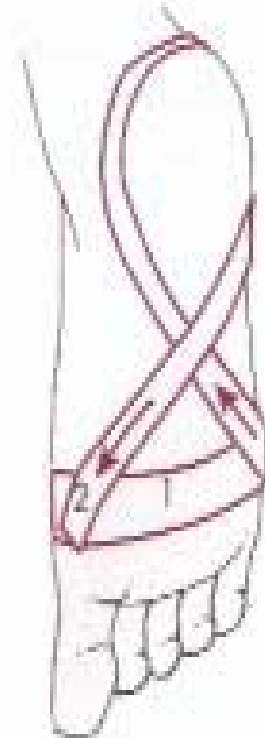


- Place strips around the arch, or if added support is required a pad can be used.
- The first strip is just above the metatarsal arch
- Each succeeding strip overlaps the last strip by half the width until the end of the arch

X for the longitudinal arch

Position: Leg extended and foot held at a 90 degree angle.

- Lightly place one anchor strip around the ball of the foot, being careful not to restrict the action of the toes.
- Using 1/2" tape, start from the lateral edge of the anchor
- Cross the center of the of the longitudinal arch, encircle the heel and descend to the medial edge of the anchor.

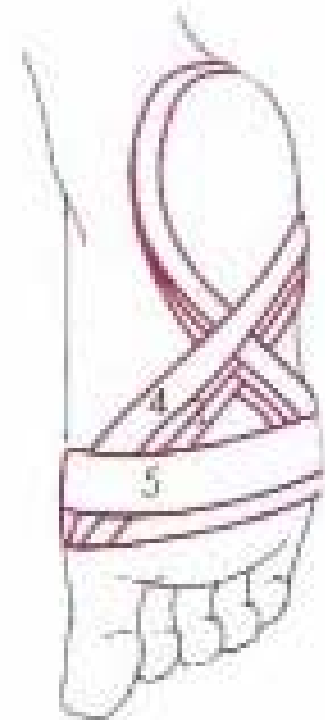


X for the longitudinal arch cont.

- Repeat three to four more times
- Lock the X's with an anchor strip around the ball of the foot

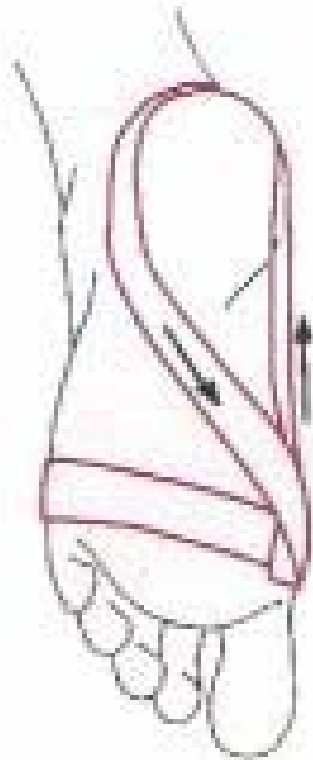
Optional

- ** After all the X strips are applied, cover the entire arch with circular strips



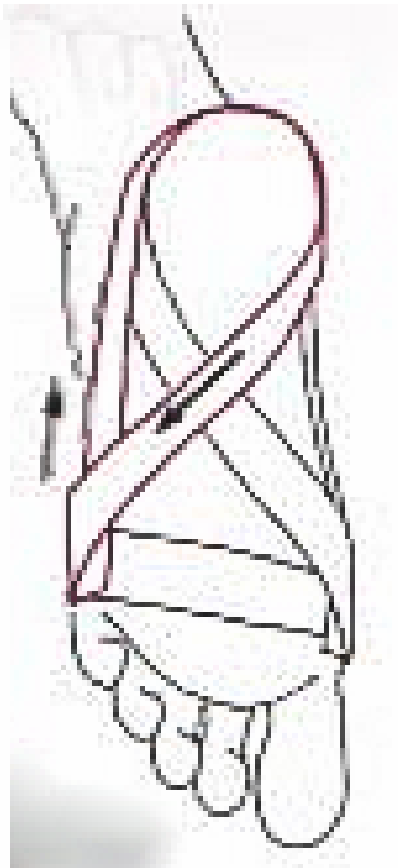
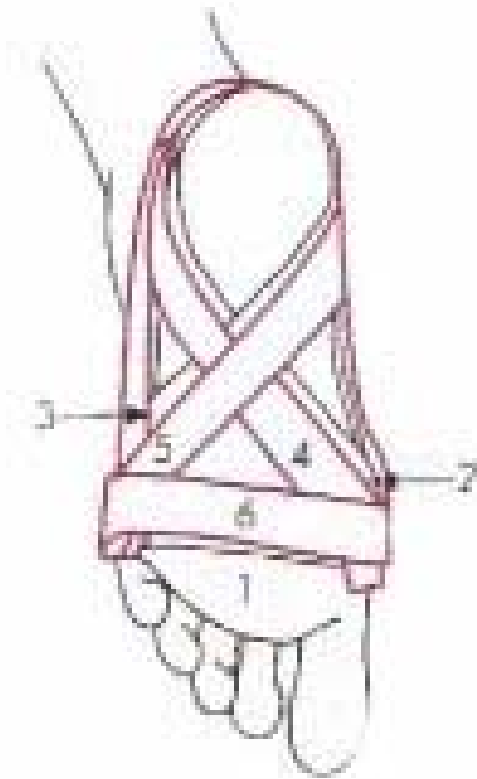
X teardrop arch and forefoot support

Position: Leg extended and foot held at a 90 degree angle.



- Place an anchor strip around the ball of the foot.
- Using 1/2" tape, start from the base of the great toe, go around the heel and cross the arch, returning to the starting point.

X teardrop arch and forefoot support cont.

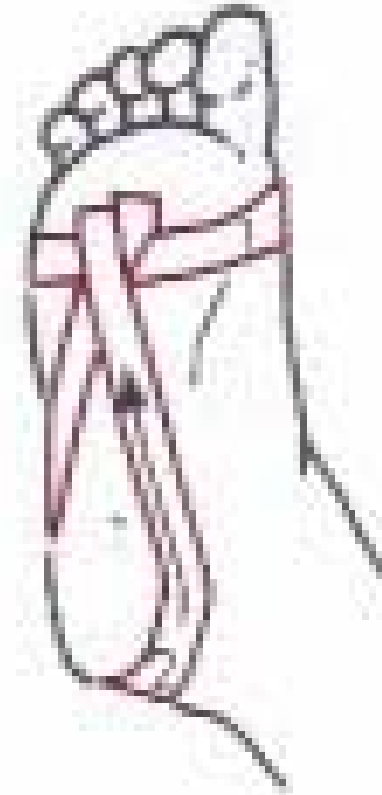


- The third strip is the same as the second, except that it is started on the lateral side of the foot.
- Repeat two to three more times.
- Lock the strips with an anchor strip around the ball of the foot.

Fan arch support

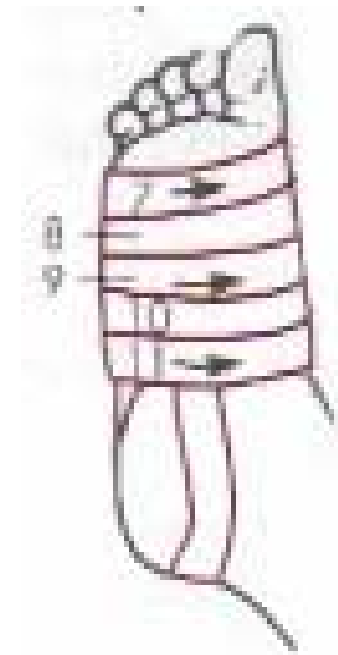
Position: Leg extended and foot held at a 90 degree angle.

- Place an anchor strip around the ball of the foot.
- Using 1" tape, start at the third metatarsal head and wrap around the heel from the lateral side and meet the strip where it began.



Fan arch support cont.

- Start the next strip near the second metatarsal head and finish it near the fourth metatarsal head.
- Begin the last strip on the fourth metatarsal head and finish it near the fifth metatarsal head.
- Lock the strips using 1-1/2" tape encircling the entire arch.



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- Walmart Mililani
 - Single: \$2.18
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- Sports Authority Waikele
 - Single: \$2.99
 - 6-pack: \$12.99 (McDavid)