

HOW TO GUIDE

ankle strapping for soccer players

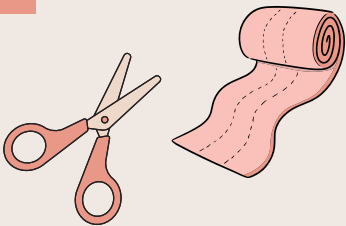
Soccer players tend to require additional ankle support during games due to the physical nature of the sport.

Taping your ankle before training/play offers numerous advantages, including:

- Injury prevention - taping has been proven to reduce the incidence and severity of ankle sprains.
- Increased confidence - by providing support and stability, ankle taping can give you a sense of confidence on the field and improve your foot awareness.
- Increased endurance - ankle taping helps stabilise the ankle, reducing fatigue and muscle strain during extended periods of play.

SELF-TAPING ANKLE TECHNIQUE

01

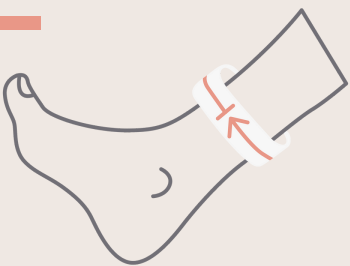


Preparation

You'll need:

- Sports tape (3.8 cm width)
- Scissors
- Under-wrap (if you are sensitive to adhesives)

02



Initial Anchor

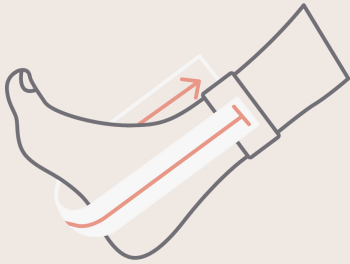
Hold your foot at a 90° angle.

If using, apply an under-wrap to your foot to protect your skin.

Attach an anchor tape about 5 cm above the ankle without applying too much tension through the tape.

The material in this brochure is for general information purposes only.
Please consult your podiatrist for specific individual advice.

03



Stirrups x 3

Start the tape at the anchor point on the inner side of the leg.

Take the tape down the inner ankle, under the foot and back up to the anchor point on the outside of the leg. This creates a "U-Shape" stirrup under the heel.

Create a second stirrup, but this time starting from the outside of the leg and finishing on the inside of the leg. The tape should be just slightly forwards from the first stirrup.

Finally apply a third stirrup, starting from the inside of the leg. The tape should be just slightly backwards from the first stirrup.

04

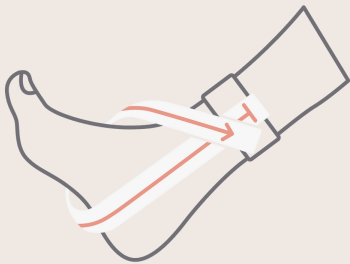


Figure 6's x 2

Start the tape at the anchor point on the inner side of the leg.

Take the tape down to the inner ankle, under the foot and back up to the anchor point where you started. This creates a "Figure 6" shape.

Repeat this step with a reverse Figure 6. This time start on the outside of the leg, take the tape down to the outside ankle, under the foot and back up to the anchor point where you started.

05

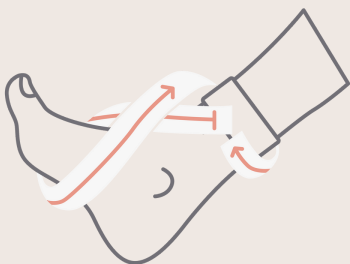


Figure 8's x 2

Start the tape at the anchor point on the inner side of the leg.

Take the tape across the top of the foot, to the outside of the foot. Continue under the foot, bringing the tape up under the arch and back over the top of the foot. Continue the tape around the back of the leg to the anchor point where you started. This creates a "Figure 8" shape.

Repeat this step with a reverse Figure 8, starting at the anchor point on the outside of the leg.

To finish, apply a final strip of tape around the anchor point (as per Step 2) to hold everything together.

The material in this brochure is for general information purposes only.
Please consult your podiatrist for specific individual advice.