

ANKLE TAPING TUTORIAL

Basic four-step support taping sequence

1 Step 1 — Apply pre-wrap and anchor strips



ANCHOR STRIP
above the ankle

ANCHOR STRIP
around the midfoot

Place pre-wrap around the ankle.
Apply anchor strips above the ankle
and around the midfoot.

2 Step 2 — Apply stirrup strips



STIRRUP STRIPS
inside → under heel
→ outside

Apply 2–3 stirrup strips from the inside of the leg,
under the heel, and up to the outside anchor.

3 Step 3 — Add heel locks and a figure-eight



HEEL LOCK

FIGURE-EIGHT

Add heel locks and a figure-eight
to improve support and limit ankle rolling.

4 Step 4 — Close, secure, and check fit



CLOSURE STRIPS
cover and secure
loose edges

FINISHED SUPPORT
stable and
comfortable

Cover loose edges with closure strips.
Check circulation, comfort, and support
before activity.



IMPORTANT: Tape should feel snug and supportive, not tight or painful.
If you experience numbness, tingling, or discoloration, remove and retape.

