

A SUPERIOR METHOD OF TAPING THE ANKLE

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A method of ankle taping is presented which has been found superior to the usual procedures. Acknowledgement is made to Dr. Virgil Halladay who originated this method.

The accompanying photographs are for the most part self explanatory, but a brief outline of procedure may be of some assistance. Tape one and one quarter inches is the most convenient width. The length varies from fourteen to twenty four inches. For convenience of describing the method of taping the four strips will be designated as A, B, C, and D.

Strip A is started on the top side of the foot, just back of the second toe. From this point it spirals at an angle to the outside of the foot at about the mid point: then crosses under arch to come up back of the ankle bone on the inside of the leg; Crossing the back of the leg at the upper part of the tendon of achilles spiraling on around the leg upward without wrinkling, to about the middle of the leg.

Strip B is applied similar to A but on the opposite side of the foot i. e. crossing under the arch on the inside of the foot and back of the ankle bone on the outside of the foot.

Note: The best way to determine the angle of the above tapes A and B is to start by laying the tape across back of the ankle bones.

Strip C is started on the sole of the foot, in front of the heel at a point stright down from the ankle bone. From the point the tape crosses under the back part of the arch and comes up on the inside of the foot to pass just in front of the ankle bone on the inside of the leg. From there the tape spirals in front and up the leg without wrinkling to about the middle of the leg.

Strip D is applied as C but on the opposite side of the foot and leg.