

After the spirals are in place tie tapes are applied to anchor the ends.

In applying the above tapes care should be taken not to apply them with tension. They should be merely laid on the skin with but little if any tension.

The above taping should be duplicated from three to five times depending on the weight of the individual and the strain to be thrown on the foot and ankle.

The above method of taping when applied in injuries of the ankle joint and the arch of the foot or in weakened natural support to these structures will be found to possess the following advantages:-  
A physiologic supporting action which allows complete relaxation without binding while the joint structures are at rest but provides arch support and re-enforces muscular and ligamentous support to the ankle joint during activity, ~~and~~ It will be noted that the blood supply and drainage are not impaired either during rest or activity and that when the foot supports weight or is engaged in a propulsive movement, the arch and ankle joint are clamped together ~~suff~~ sufficiently to prevent any strain or further injury to these structures.

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