



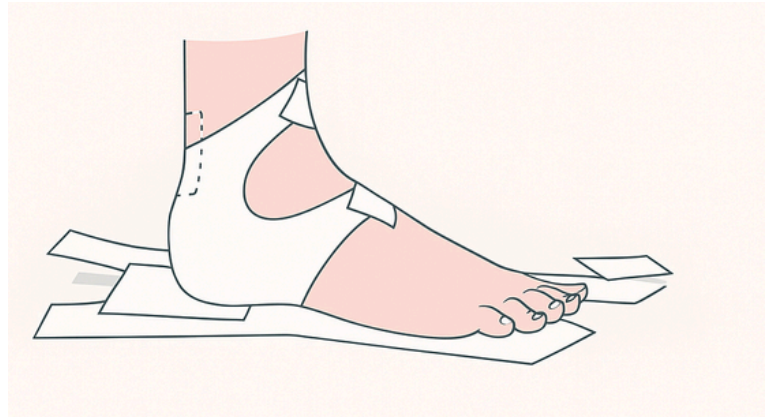
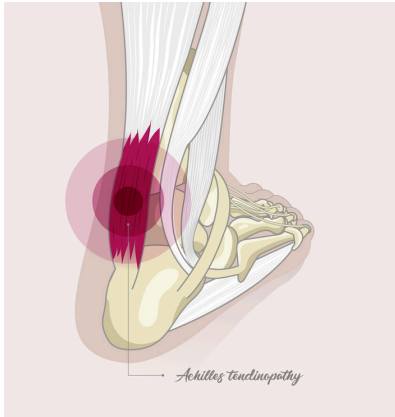
The Beute Clinic
chiroprapist and podiatrist

Taping Guide - Achilles Tendon



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Achilles Tendon Support – Simple Self-Application

What it's for: To help relieve strain and support the Achilles tendon (the thick cord at the back of your ankle).

What you'll need:

- Adhesive spray
 - (optional – helps tape stick)
- A small gauze square or felt pad
 - (to protect the tendon)
- Stretch tape (7.5 cm wide)
- Firm anchor tape (3.8 cm wide)

Before you begin:

Sit down comfortably with your knees bent and your foot relaxed on a couch or low stool.

Step 1 – Prep the area:

- Spray adhesive if using, and place your gauze or felt pad directly over the Achilles tendon for protection.

Step 2 – Apply the support strip:

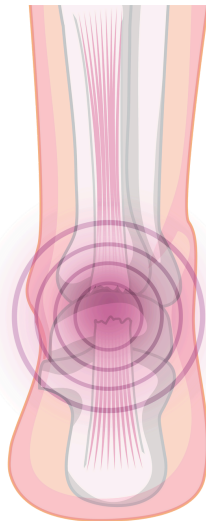
- Cut a 30 cm piece of stretch tape.
- Split each end about 10 cm deep so you have two tails on each side.
- Place your heel in the centre of the strip.
- Wrap the front tails over the top of the foot and around the midfoot.
- Wrap the back tails around the lower leg, above the Achilles tendon.
- (This should gently pull your foot downwards into a toes-pointed position.)

Step 3 – Lock it in place:

Use strips of anchor tape to hold down the ends of the tape securely.

Check it's working:

The area should feel supported, and the Achilles tendon protected – but not overly tight or restricted.



What You'll Need



Pre-Tape Adhesive Spray.



Gauze Swabs



Medical Elastic Adhesive Tape



Narrow Adhesive tape



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