



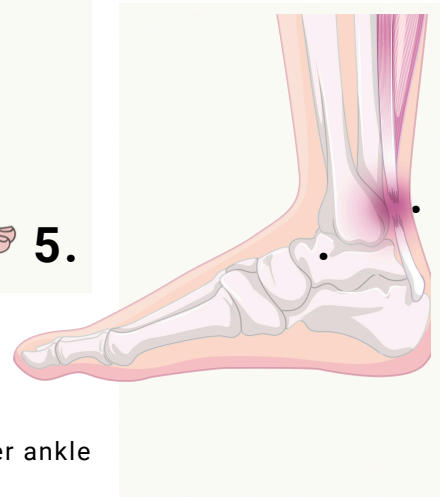
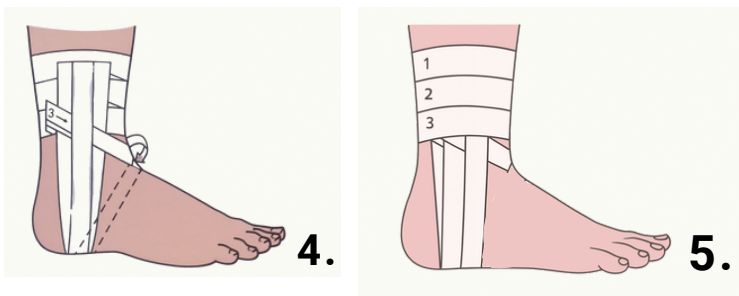
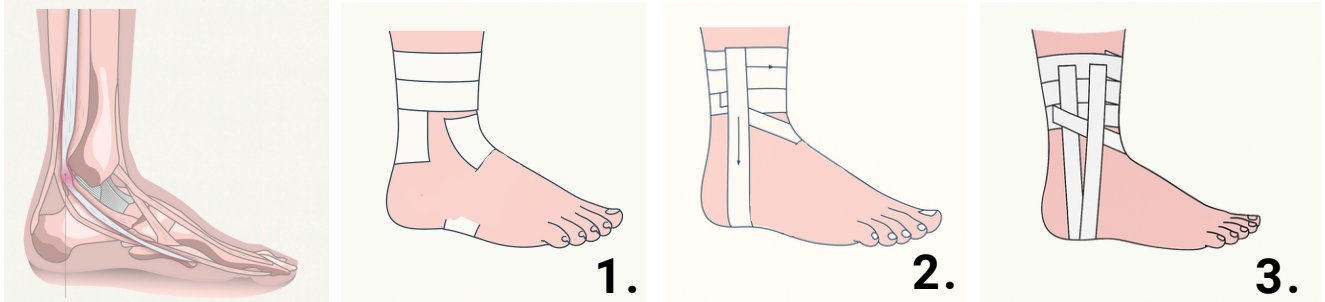
The Beute Clinic
chiroprapist and podiatrist

Taping Guide - Lateral Ankle Instability



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Ankle Taping: Quick Guide

Purpose

- Prevent ankle sprains from turning in (inversion)
- Support healing ligaments and tendons on the outer ankle
- Reduce strain on the peroneal muscles

Effect - Stabilises the ankle and improves awareness of movement (proprioception)

Materials

- 3.75–5 cm tape
- Underwrap or 1–2 gauze squares with lubricant (for Achilles and ankle bones)

Position - Foot at 90°, patient seated with leg supported

Prep

- Skin clean, dry, and hair-free
- Optional: Adhesive spray
- Apply underwrap in a figure-8 around the ankle, covering the heel and Achilles area

Step-by-Step Taping

Anchors

- Apply 3 horizontal strips around lower leg (~5 cm below calf muscle)
- Overlap slightly, don't restrict movement

Support Straps

1. Start just above outer ankle bone. Pull tape down and under heel, then up the inside of the ankle to the first anchor.
2. Start again just above the first strap, angle down and around heel, up the front inside ankle – forming a “V” with the first strap.
3. Place a third strap between the first two, again going under heel and up.

Anchor Lock

- Add 3 more strips over original anchors to hold everything in place.