



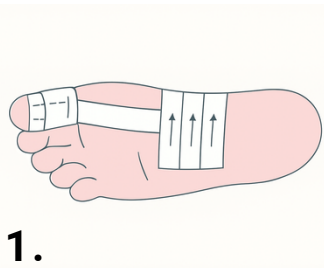
**The Beute Clinic**  
chiroprapist and podiatrist

## Taping Guide - Posteromedial Ankle



As an Amazon Associate, the business may earn from qualifying purchases. This helps support our services at no extra cost to you and does not influence our recommendations.

**CLICK THE PRODUCT TITLE TO GO STRAIGHT TO THE PAGE.**



1.



2.



3.

**For: Posteromedial Ankle Support Taping:** Pain on the inside-back of the ankle.

**Purpose:** To reduce strain on key soft tissues (like the posterior ankle ligaments and flexor hallucis longus tendon) during walking or activity

### What You'll Need:

- Pre-Tape Adhesive Spray (optional but helps it stay on)
- Narrow Adhesive tape (about 2.5 cm wide)
- Medical Elastic Adhesive Tape (about 7.5 cm wide)
- Scissors



**Click Here  
for direct  
product links**

### Before You Start:

Sit on a bed or chair with your leg stretched out and your foot hanging freely over the edge. This helps you apply the tape without your foot resting flat.

### Step-by-Step Guide

**Step 1: Support the Big Toe:** Apply a strip of tape starting underneath the big toe, just in front of the joint, and pull it gently back under the arch. Make sure the tape wraps securely across the underside of the big toe joint – this helps limit how much it can bend upward (dorsiflex).

Use extra small strips to anchor the tape:

- One around the end of the toe
- One around the base of the toe
- One across the mid-arch
- This helps keep it in place and provides tension control.

**Step 2: Add Posteromedial Support:** Bring your foot to a neutral position (not flexed up or down), and gently turn it slightly outwards (like you're pointing the toes to 2 o'clock on a clock face).

Take the 7.5 cm stretch tape and:

- Start on the outside of the foot
- Wrap it firmly behind the heel
- End on the inside of the lower leg

This helps reduce stress on the inside-back of the ankle during movement.

**Step 3: Secure the Taping:** Wrap the remaining stretch tape gently around both the foot and the lower leg to secure everything in place. The tape should feel snug and supportive but not cut off circulation.

### Functional Check:

When finished, try stepping forward and rolling off the big toe. It should feel supported and reduce discomfort during push-off.