

How to Tape a Sprained Ankle with StrengthTape Kinesiology Tape

General Instructions:

Clean area to be taped with an alcohol-based skin cleaner or gel sanitizer. Allow skin to dry completely before applying tape. Apply tape at least one hour before physical activity. Avoid touching the adhesive side of the tape as you handle it. As each strip of tape is applied, rub briskly from the center toward the ends to activate the adhesive. Do not apply tape to broken or irritated skin. To avoid skin irritation, always apply the final 2" of each strip with no stretch.



Step 1: Take the first strip and tear the backing 2-3" from the logo end of the tape to create an anchor end. Remove the backing from this end and apply it with no stretch to the outside of the leg just above the ankle. Begin peeling the backing away from the rest of the strip, and apply the tape over the outside of the ankle and under the heel. When you reach the ankle bone, stretch the tape to 50% as it passes under the heel and up the inside of the ankle. The final 2-3" of tape should be applied with zero stretch and should end on the inside ankle area.



Step 2: Follow the instructions in step 1 to create a 2-3" anchor end. Remove the backing from the end of the tape and apply it with zero stretch along the inside of the foot in the area of the arch. Begin peeling the backing away from the rest of the strip, and apply the tape with 50% stretch around the back of the heel toward the outside of the foot. After the tape passes the heel, angle it down to cross the arch of the foot, ending near the inside ankle area. To avoid skin irritation, be sure to apply the final 2-3" with no stretch.



Step 3: The third strip is a mirror image of the second strip. Create a 2-3" anchor end and apply it along the outside of the foot with no stretch. Gradually peel the backing away from the rest of the strip, applying it with 50% stretch around the back of the heel toward the inside of the foot. After the tape passes the heel, angle it down to cross the arch of the foot, ending near the outside ankle area.



Step 4: The completed application should resemble the image with the tape higher on the outside of the ankle and lower on the inside. For best adhesion, be sure that every strip ends on skin, rather than on another piece of tape. To activate the adhesive, rub the entire application briskly from the center of each strip toward the ends.