

TAPING & STRAPPING FOR RUGBY

ANKLE

SPORTTAPE 



GETTING STARTED

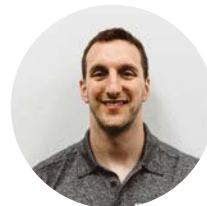
This application is perfect for those players who have previously suffered an inversion sprain or are playing in positions that require fast, lateral movements, requiring stable ankles.

Strapping the ankle is one of the most common applications in rugby and one that every therapist should master. You can use Underwrap underneath the Zinc tape if you are treating someone with sensitive skin.

Always remember not to "tape by numbers" and use your own clinical reasoning. The tapes I've chosen are my personal preference and can be replaced as you wish.

BEN Warburton

Lead Physiotherapist for the WRU Sevens, after also having spent time at the Cardiff Blues and the Newport Gwent Dragons



THE FOUNDATIONS

YOU WILL NEED; 5CM TEAR EAB & 3.8CM ZINC OXIDE TAN



1

PREPARE

Begin by liberally spraying a pre-tape spray and if needed, use UNDERWRAP to provide a protective layer against any adhesive.



QUICK TIP:

Ensure the foot is in a dorsi-flexed position at all times during the application.

2

PROTECT

Create initial support, and protect the skin, by using 5CM TEAR EAB.

Wrap the bottom of the foot, continuing around the back of the ankle. Repeat this pattern overlapping the tape by half.

Aim the tape towards the heel to create an X shape. Finish by wrapping around the lower calf.



Save tape by starting your wrap under the foot



Wrap from medial to lateral to create light support



THE STIRRUP

TIP: IF BUDGET IS AN ISSUE YOU CAN ALSO SUBSTITUTE THE TAN ZINC OXIDE FOR WHITE ZINC OXIDE

3 THE ANCHORS

Using ZINC OXIDE TAN 3.8CM for extra support, apply an anchor around the lower calf.

4 STIRRUPS

Begin your stirrups from the medial side of the anchor. Tape over the calcaneus and underneath the foot, finishing on the lateral side.

Repeat the stirrups 2-3 times, overlapping each strip by half.

The tape will naturally start to aim back towards your starting position as you apply more stirrups.



QUICK TIP:

Aim your anchor slightly downwards when applying. This allows additional space for muscle expansion.



Unwind a workable amount of tape



Tension the tape by using the end of the strip



THE SUPPORT

THE HEEL LOCK IS AN ADVANCED TAPING APPLICATION. IF YOUR STIRRUPS HAVE PROVIDED ENOUGH SUPPORT THEN STOP HERE.

5

HEEL LOCK

Aim the ZINC OXIDE TAN towards the heel from the lateral side. Wrap the tape around the back of the heel, still aiming the tape towards the bottom of the foot.

Bring the tape under the arch, bringing it across the top of the foot towards the medial side.



6

REINFORCE

Aim the tape towards the back of the foot and continue under the heel. Bring the tape at an angle underneath the lateral calcaneus and around the back of the ankle, over the achilles.

Allow the tape to wrap back around the foot to finish on the lateral side.



THE FINISH

RE-ANCHOR USING ZINC OXIDE TAN TO SECURE THE APPLICATION



Please let us know how you get on with the application. If you have any questions or suggestions don't hesitate to get in touch.

We've taped tens of thousands of ankles, but we're still learning and evolving.

We're here to support you and your athletes. It's our passion and we've built SPORTTAPE on providing honest practical advice and products that work.

For your taping needs visit: www.sporttape.co.uk