

Mt Pleasant Physiotherapy

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Centro Physio

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Practitioners

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Services

Physiotherapy
Clinical Pilates
Real Time Ultrasound
Acupuncture
Orthotics
Digital Posture Analysis

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- **A frequent ankle sprain usually means you need orthotics – we mould these up in your session with your physiotherapist.**
- **Remember pain for more than 3 days needs attention from a physio. You should not train if it hurts to run on the injured site.**

Ankle strapping

Note all images used are property of www.physioadvisor.com.au

Basic ankle taping for a sprained ankle (In order):

- Anchor x 1
- Stirrups x 2-3
- Figure-of-6's x 2-3
- Repeat anchor x1

Ankle taping for maximal support (In order):

- Anchor x 1
- Stirrups x 2-3
- Figure-of-6's x 2-3
- Reverse Figure-of-6's x 2-3
- Half Heel Lock x 1
- Reverse Half Heel lock x 1
- Repeat anchor x 1

Position of foot while taping:

- In neutral position, with foot and toes pointing vertically upwards

Anchor:

- Place a strip of tape around the lower 1/3 of the shin



Stirrups:

- Start the tape on the inside of the anchor
- Work the tape underneath the sole of the foot
- Attach the tape to the outside of the anchor

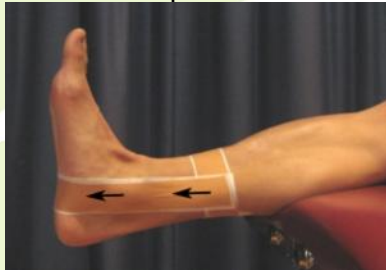
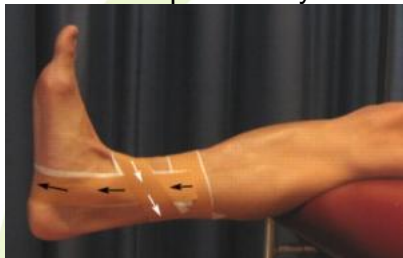


Figure-of-6's:

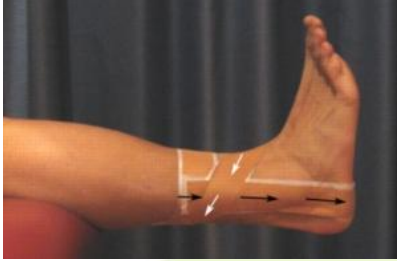
- Start the tape on the inside of the anchor
- Work the tape underneath the sole of the foot then up and across the front of the foot
- Attach the tape where you started on the inside of the anchor





Reverse Figure-of-6's:

- Start the tape on the outside of the anchor
- Work the tape underneath the sole of the foot then up and across the front of the foot
- Attach the tape where you started on the outside of the anchor



Half Heel lock:

- Start the tape on the inside of the anchor
- Work the tape across the front of the leg, around the heel, then under the sole of the foot
- Attach the tape where you started on the inside of the anchor



Reverse Half Heel lock:

- Start the tape on the outside of the anchor
- Work the tape across the front of the leg, around the heel, then under the sole of the foot
- Attach the tape where you started on the outside of the anchor



You are ready to return to sport if you can hop backwards on the injured leg with NO PAIN! (Remember a physio is the best person to clear your return to sport, we can also advise safe, graduated return to training so that the injury does not happen again)