

## Taping techniques

### [ BASIC TAPING METHODS ]

- A Anchor - provides a firm base to attach the other 38mm or 50mm tapes.
- B Stirrup - a vertical "U" piece of tape, supporting either side of the ankle.
- C Spur - a horizontal stirrup that holds the ankle in position.
- D Basket-weave - Stirrups and spurs in half overlapping layers to build a pattern.
- E Locking straps - short circular tapes to cover all exposed skin and lock down the tape job.
- F Foam padding - used to fill in hollows, compress swelling and pad sensitive areas.
- G Figure of six - to support and reinforce one side of the ankle. Starts as a stirrup and crosses to form a six.
- H Interlocking sixes - the over-lapping tapes provide excellent support to one side of the joint.
- I Half-Heel Lock - 38 or 25mm rigid tape is applied over the finished tape job to firmly lock in the ankle joint.
- J First Half-Heel Lock - the tape makes a 'U' to lock in one side of the heel.
- K Second Half-Heel Lock - opposite to the first. Supports the other side and further restricts ankle movement.
- L Figure-8 Bandage - used with a compression bandage for RICER.
- M Figure-8 - also used with a 75 or 50 mm elastic bandages for strong support.
- N Spica - the thumb spica is a repeated figure 8 in 25 mm rigid or elastic tape.
- O Elastic and Rigid Tape Together - a combination of an Elastic Adhesive Bandage and Rigid Strapping Tape provides optimal support.
- P Full Heel Lock In 75mm Elastic - another way of overwrapping rigid tape for firm support. It is like two half heel locks without stopping.
- Q Spiral taping - (white tape) complete the overwrapping technique to completely encase the Rigid Tape.

