

Ankle Taping

Ankle taping is important in preventing one of the most common sporting injuries. This simple taping method offers maximum support in helping to prevent lateral ligament sprains.

Activity:

Use www.elastoplastsport.com to research the correct procedures for ankle taping, number the activities below from 1 to 5.

Together as a class, go through each procedure in the correct order and discuss. After going through each procedure, form into pairs, develop a scenario about how the ankle may have been injured and implement the correct treatment and strapping techniques.

Overwrap the tape with 50mm elastic adhesive bandage to provide mild compression and to further secure the taped area.
Using the figure-8 formation and a spiral, completely cover the rigid tape.

Attach stirrups – 3 stirrups from the inside to outside in a U-shape formation.

Apply a half-heel lock to provide further support to the rear ankle area.
Begin on the inside of the lower leg and move down and across the outside of the ankle towards the heel.
Pass the tape under the foot and cross the inside of the heel at a 45 degree angle.
Pass the tape back to the outside of the ankle to finish on the inside of the lower leg where you started.

Attach anchors.

Bind tape in two figure-6's around the foot, starting from the inside to the outside, returning to the inside after crossing the front of the foot to help counteract the inversion movement that can cause injury.

Injury Management

Activity:

Together as a class, go through each injury management strategy and discuss the correct answer for each injury.

Fill in both the 'Scenario' box with a short description of how the injury may have occurred and the 'How to Manage' box with appropriate sports injury management strategies.

SCENARIO	INJURY:	SYMPTOM:	HOW TO MANAGE:
	Muscle soreness	Pain during or after movement	
	Minor bruises	Tender upon touch. Discolouration.	
	Blisters	Swelling with fluid under the skin. Pain and tenderness.	
	Cramps and stitches	Muscle spasms (contracting).	
	Nose bleed	Bleeding nose.	
	Sore shins	Painful swollen shins. Pain worsens with running and jumping.	
	Overuse (knees, shins)	Activity increases pain and tenderness.	