

## Ankle Taping

### Research Activity

Students to research the correct procedures for taping ankles on the 'Injury Management and Prevention' section of the [www.elastoplastsport.com](http://www.elastoplastsport.com) website.

Students to number the activities from 1 to 5.

Teachers are advised to purchase tapes and conduct visual presentation.

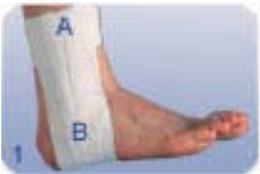
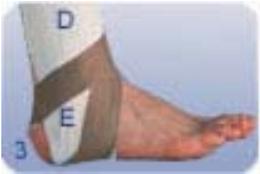
Suggested materials include:

- Elastoplast Sport Rigid Strapping Tape (38 mm preventative taping for ankles)
- Elastoplast Sport Elastic Adhesive Bandages (50 mm)

Together as a class, go through each procedure in the correct order and discuss.

Students to then form into pairs, develop a scenario about how they injured their ankle and implement the correct treatment and strapping techniques.

This simple taping method offers maximum support in helping to prevent lateral ligament sprains

	<p>1. Attach anchors (A) first.</p>
	<p>2. Attach stirrups (B). (Usually 3 stirrups are attached from the inside to outside in a U-shape formation).</p>
	<p>3. Bind the 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 (C). (Figure-6's help counteract the inversion movement that can cause injury).</p>
	<p>4. Apply a half-heel lock to provide further support to the rear ankle area. Begin on the inside of the lower leg (D) 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 (E). Pass the tape back to the outside of the ankle to finish on the inside of the lower leg where you started. (Another half-heel lock may be applied in the opposite direction, using the same technique).</p>

	<p>5. 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.</p>
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## Injury Management

**Discussion Activity**

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

Students are to complete both the 'How to Manage' box (with appropriate sports injury management strategies) and the 'Scenario' column (with a short example of how the injury may have occurred).

SCENARIO	INJURY	SYMPTOM	HOW TO MANAGE
Did not warm up or do any fitness training and played a full game of netball	Muscle soreness	Pain during or after movement.	RICER, then physiotherapy.
Hard knock during a game of soccer	Minor bruises	Tender upon touch. Discolouration.	RICER.
Wearing new shoes during a game or training	Blisters	Swelling with fluid under the skin. Pain and tenderness.	Place dressing pad around area to reduce pressure. Keep clean.
Going for a jog	Cramps and stitches	Muscle spasms (contracting).	Drink fluids and stretch. Adjust fitness program.
Blow to the nose during a game of football	Nose bleed	Bleeding nose.	Sit forward and pinch the nose. Seek medical help if still bleeding after 20 minutes.
Continual running on hard surfaces	Sore shins	Painful swollen shins. Pain worsens with running and jumping.	RICER. See a physiotherapist or podiatrist.
Practising jumps on the skateboard	Overuse (knees, shins)	Activity increases pain and tenderness.	RICER. Reduce activity. See a physiotherapist.