## Athletic Taping – Ankle Closed Basket Weave

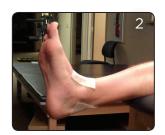
Marshfield Clinic<sup>®</sup>

Materials needed: tape adherent, pre-wrap, heel and lace pads, and 11/2 inch athletic tape

## **Preparation**

- Prepare the ankle for taping. Skin should be dry, clean, shaven and free from lotions or oils.
- Support the ankle off the end of a table. Maintain ankle in neutral position. Fig. 1
- Spray on adherent and apply heel & lace pads over the ankle front and back at its flex points. Fig. 2
- Apply pre-wrap one layer thick where possible. Fig. 3
- Apply two overlapping anchor strips just below the calf. Begin at a downward angle. Apply another anchor strip to the arch. *For optimal support apply anchors directly to the skin.* Fig. 4









## **Taping process**

• Apply a stirrup from the inside of the leg at the anchor strips, downward over the medial anklebone, under the heel, and upward over the lateral anklebone. Adhere to the anchor strip. Fig. 5

Pull the ankle outward with the tape to help minimize the inversion ankle sprain mechanism that tends to cause this injury.

- Apply a perpendicular horseshoe strip just below the anklebones and anchor on the arch strip. Fig. 5
- Alternate three stirrups with three perpendicular horseshoe strips (closed basket weave). Overlap and cover the anklebones from back to front and bottom to top. Fig. 6
- Apply a cover strip to the top of the stirrups. Fig. 6
- Apply heel-locks starting just above the anklebones on either side. Progress over the front of the ankle joint, wrapping under the arch at a downward, backward angle. That will take the tape around the back of the heel and around the opposite anklebone. Repeat from the opposite side. *Apply two sets of heel-locks to each side of the ankle.* Fig. 7, 8









## Taping process - continued

- Apply a figure-8 strip slightly higher than the heel-locks and angled slightly more forward, so the tape wraps around the foot just behind the styloid process of the fifth metatarsal, the bump on the outside of the foot. Fig. 9, 10
- Apply an arch strip to cover the front of the taping and anchor the tape to the foot. Fig. 11
- Apply cover strips with uniform tension from the bottom up and by overlapping half the width of the tape and crossing in front. Fig. 12





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Look over your taping to identify and repair any gaps, wrinkles or high-pressure areas that may cause blisters.

Ask the athlete about comfort and check circulation with a gentle squeeze to the toes. If the athlete develops pain, blue-ish skin, cold or numbness, the tape may need to be loosened or removed.

Removal

- Remove the tape with a tape cutter. Start in the arch and pull up below and behind the anklebone and up the leg. Fig. 13
- Peel the skin away from the tape, not the tape away from the skin. Fig. 14



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Notes: