





Location:	Ankle
Application:	Instability support
Indication:	Instability, weakness
Shape:	Two short I strips, one long X strip & one longer I strip
Applying position:	In lying position

Acti-Tape - Ankle Instability Support - Step by Step Instructions

1.	<ul style="list-style-type: none"> ● Put ankle in a right angle position. Apply 2 small I strips over the bump on the outside of the ankle. ● One pointing towards the toes and the other pointing towards the heel. Smooth down firmly. 	
2.	<ul style="list-style-type: none"> ● Take an X strip, stretching the center of the cross underneath the heel, pulling the legs of the cross up each side of the ankle, keeping the tip of the fork on the ankle bump. 	
3.	<ul style="list-style-type: none"> ● Stretch the legs of the X strip across the front of the ankle, up the leg and behind the ankle towards the calf, lifting the ankle slightly to do so. ● Do this on both sides of the leg. Smooth down firmly. 	
4.	<ul style="list-style-type: none"> ● The last I strip is applied starting from the front of the foot stretching around the outside of the ankle and spiraling up the leg to the front of the shin. 	

5.

- The final result.

