




Location:	Ankle
Application:	Inversion restriction
Indication:	Inversion restriction
Shape:	One long I strip
Applying position:	In lying position

Acti-Tape - Ankle Inversion Restriction - Step by Step Instructions

1.	<ul style="list-style-type: none"> With the leg hanging over the end of a table move the ankle pulling the toes upwards and turning the foot slightly outwards. Apply one end of the tape under the heel on the outside of the ankle. 	
2.	<ul style="list-style-type: none"> Stretching the strip up the leg, apply the top of the strip on the side of the calf. 	
3.	<ul style="list-style-type: none"> Straighten the ankle and smooth the center of the strip with a downwards movement. 	
4.	<ul style="list-style-type: none"> The final result. 	