




Location: Ankle
Application: Ankle Inversion Restriction Spiral Support
Indication: Pain / Instability - Ankle
Shape: One I-strip
Body Position: Lying

Ankle

Acti-Tape Step by Step Instructions: Ankle Inversion Restriction Spiral Support

<p>1.</p>	<ul style="list-style-type: none"> ● In a lying position, hang the foot over the edge of a bed. Position the foot at a right angle. Apply an I-strip to the inside of the ankle at the bottom of the shin. ● With a moderate stretch, pull the strip under the heel around the back of the ankle. 	
<p>2.</p>	<ul style="list-style-type: none"> ● Wrap over the front of the foot and under the heel. 	
<p>3.</p>	<ul style="list-style-type: none"> ● Continue over the foot again and around the back of the ankle, before finishing further up the ankle at the front as shown. 	
<p>4.</p>	<ul style="list-style-type: none"> ● Smooth down the strip firmly to complete. 	