



Strapping Tutorial

# The Ankle d<sup>3</sup> rigid tape Video #4

strong ankle joint support and  
stabilisation

## EQUIPMENT:

1 roll 38mm d3 Rigid Tape  
\*d3 Foam underwrap roll 50mm.  
(optional)



D3 Tape contains latex-free adhesive and is hypoallergenic.

## TOP TIPS

Rigid strapping is most commonly applied before training, or a match, and is designed to stabilise a joint and support tendons and ligament attachments. Muscle injuries and support is generally better treated with d3 EAB, K-Tape or Cohesive tape.

Over-taping the joint and/or taping too often can sometimes lead to other injuries, as other joints and muscles can be forced to compensate for the injured area and it's lack of natural movement.

Always seek professional medical advice for injuries.

All tapes work best on dry skin surfaces. Avoid moisturising the skin and very hairy skin as this will form a barrier and adversely affect the adhesive qualities of any tape.

d3 Rigid tape sticks better to itself than to skin, so overlapping tape-on-tape, or fixing onto a tape anchor works best.

Rigid tape is non-stretchy. Try to handle and place the tape carefully to avoid creasing the tape wherever possible.

**01.** Keep the foot (and toes) pointing up (dorsiflexion), reducing the angle between the top of the foot and the shin bone as tape is being applied. Create an anchor wrap (by wrapping the rigid tape around the shin) without any tension, approximately 5-10 cm above the bony ankle protrusions (medial and lateral malleolus). This will give the 'stirrup' tape, applied under the foot later, a better grip/anchor point. **0.15**



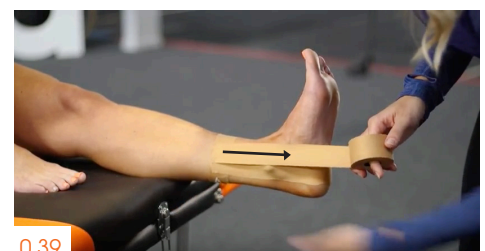
**02.** Starting on the inside of the ankle (medial side) fix the rigid tape to the anchor wrap strip with a little tension and wrap it under the foot arch, close to the heel, and around to the outside of the ankle (lateral side) and on to the tape anchor. **0.28**

Avoid using too much tension here, as once the foot is load-bearing it will spread out and create more tension on the rigid tape naturally.



**03.** Repeat step two with another strip of rigid tape, overlapping the first strip, placing it slightly closer to the forefoot. **0.39**

When pulling the tape off the roll and applying it, be careful not to create too much pressure and tension on the athlete's skin. **0.51**



**04.** Apply a HEEL LOCK to ensure heel stability under pressure and movement. Again, starting on the inside of the shin (medial side) place (anchor) the tape then, with a little tension, moving down place across the front of the shin/ankle and then wrap back around the back of the heel.

1.02 / 1.07 / 1.09 / 1.13 / 1.14.

Then, tape under the foot and back up around the front of the foot, slightly overlapping the tape, on the way back to the starting heel lock anchor point. Essentially, you are creating a tape loop around the back and under the heel area with the same tape start and end anchor points position.

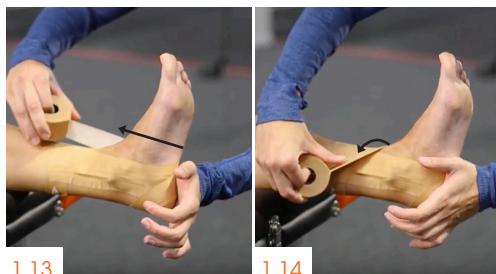


1.02



1.07

1.09

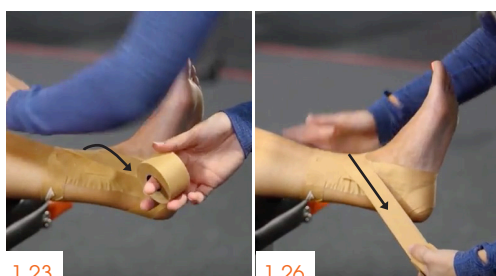


1.13

1.14

**05.** Repeat the action but on the other side (lateral side) of the shin. Again, the anchor point is the start and end of the heel lock process.

1.23 / 1.26 / 1.32 & 1.35



1.23

1.26



1.32

1.35

**06.** Place another anchor strip around all of the tape on top of the original anchor wrap strip, to keep the tape tidy and less likely to be peeled off. 1.45 & 1.51



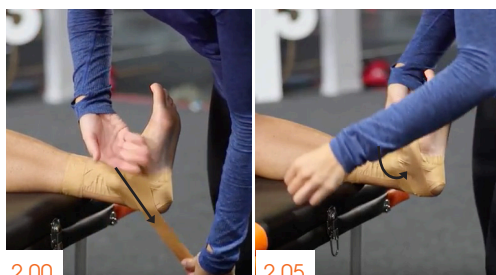
1.45



1.51

**07.** Adding Extra Support. 2.00. Place another anchor strip of tape (without tension) from the forefoot around the back of the heel and back on to the forefoot anchor point 2.05.

**08.** 2.07 Repeat step 7, half overlapping the tape.



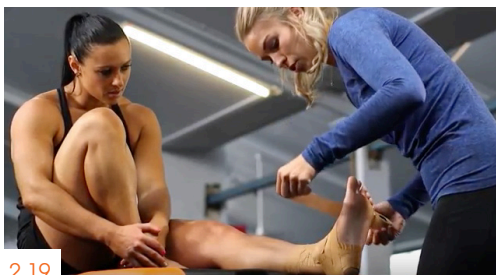
2.00

2.05



2.07

**09.** End by locking off and tidying up any loose or exposed tape ends without tension. 2.19



2.19



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