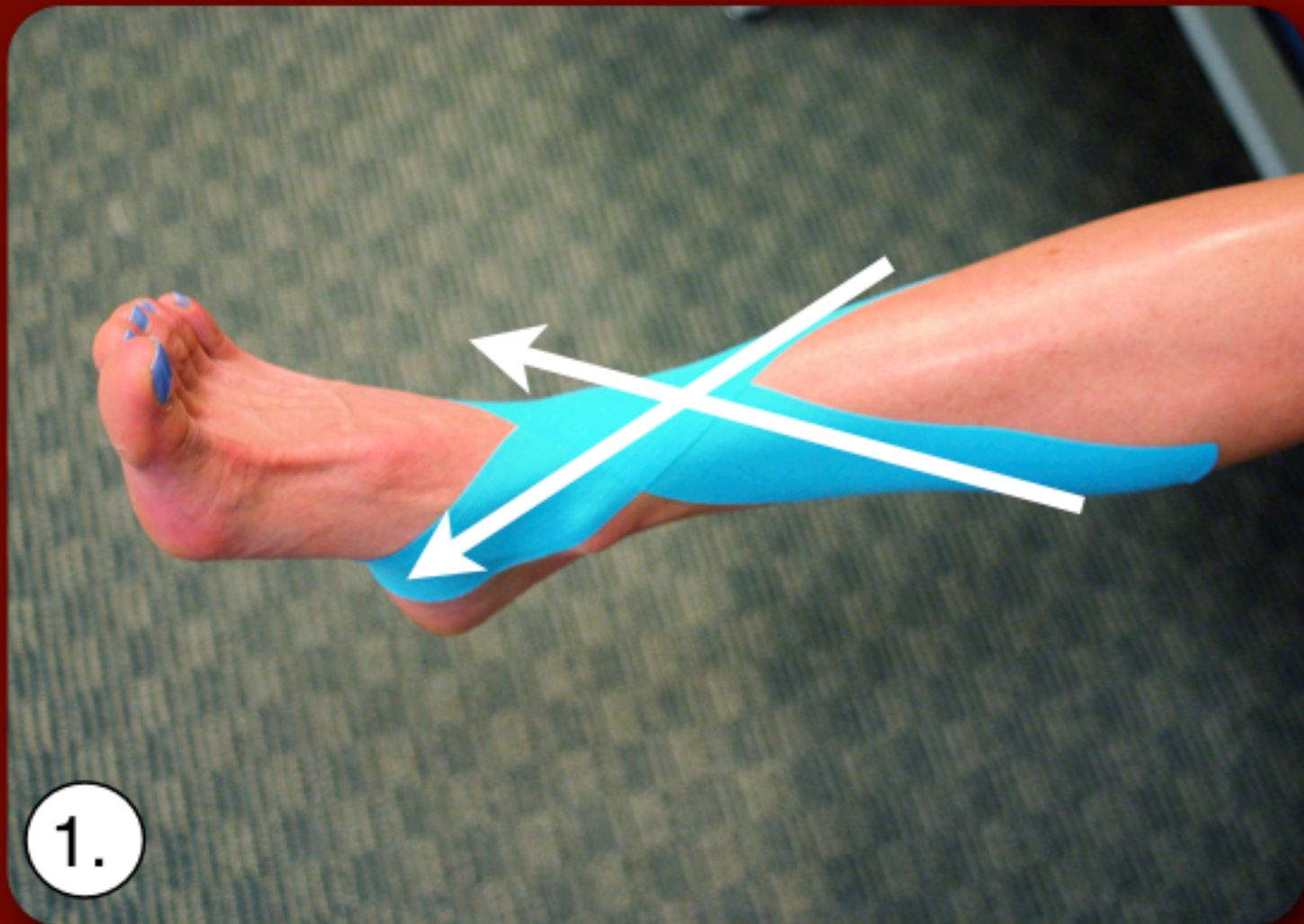


# Ankle Sprain



1. Start with ankle in inversion/plantar-flexed position. Start stabilization tape on the inside of the lower tibia, extending over the lateral malleolus, coursing under the foot arch. At this time, begin to evert/dorsiflex foot while extending the tape up the medial arch, the medial malleolus, and ending on the lateral border of the lower tibia. Apply little to no stretch.

Optional: Apply decompression tape bisecting area of pain. Stretch tape 50-75% in middle, with little to no stretch at ends