



Step 1. Cut 1 long 'I' Strip to correct length. Start under the foot and run tape up the inside of the leg over the inside of the ankle. Finish tape just below the knee (1)

Step 2. Cut a 2nd 'I' strip and start under the foot and wrap around the top of the foot and finish on the outside of the ankle as shown (2)

Note: Do not stretch Tape



SUPPORTGUARDS AUSTRALIA

Ankle Sprain - Lateral



Step 1. Cut 1 long 'V' Strip to correct length. Start under the foot and run tape up the outside of the leg over the the ankle joint. Finish tape just below the knee (1)

Step 2. Cut a 2nd 'V' strip and start under the foot and wrap both strips around the top of the foot and finish on the inside of the ankle as shown (2)

Note: Do not stretch Tape