



PERFORMANCE PHYSIO

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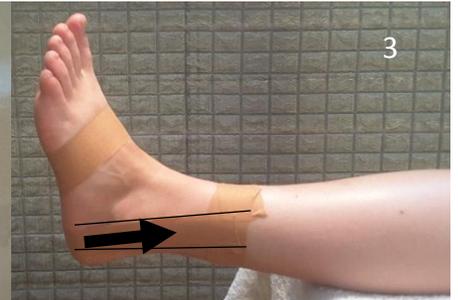
Sharon Kearney, Kevin Dysart, Susie De Bono, Kim Ridl, Louise Thayer, Amy Russell.

1) Fixing turn around shin bone. Not tight.

Fixing run around foot – mid way between ankles and toes.
Not too tight under arch.



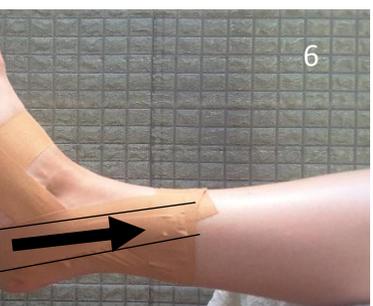
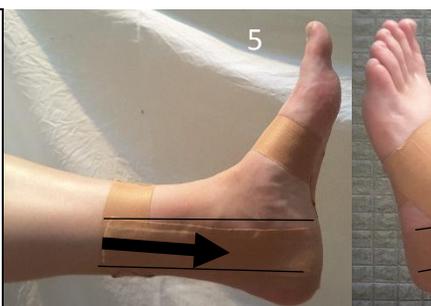
2) Lateral stirrup. Starting on inside of ankle, start on fixing turn, go under foot and up outside of out side ankle (picture 3)



3) Reinforcing the ligament. Starting on the foot fixing turn, place a strip of tape on tension at 45° angle to the foot. This lies over the ligament that you have injured.
Finish on the top fixing turn,



4) Repeat lateral stirrup. Starting on inside of ankle, start on fixing turn, go under foot and up outside of out side ankle (picture 6)



5) Repeat reinforcing the ligament. Starting on the foot fixing turn, place a strip of tape on tension at 45° angle to the foot. This lies over the ligament that you have injured.
Finish on the top fixing turn,





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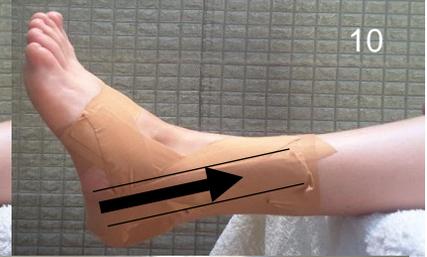
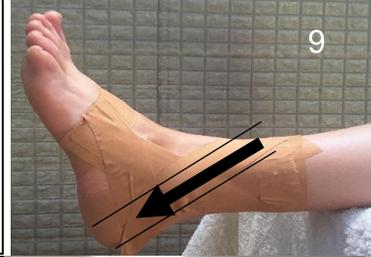
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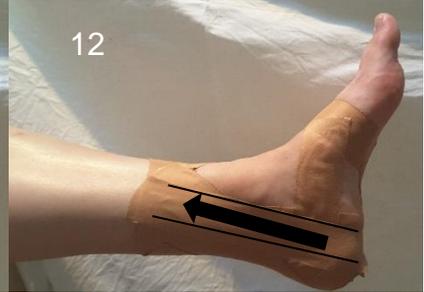
6) Horizontal anchor. Starting on the inside of the foot on the foot fixing turn, place a piece of tape over around the back of the heel and finish on the fixing turn.



7) Lateral heel lock. Starting on the shin fixing turn move down over the outside ankle and wind around the heel and back up the outside of the foot and lower leg (Picture 10) (try and keep the achilles free).



8) Medial heel lock. Starting on the shin fixing turn move down over the inside ankle and wind around the heel and back up the inside of the foot and lower leg (Picture 12) (try and keep the achilles free).



9) Repeat the horizontal anchor. Starting on the inside of the foot on the foot fixing turn, place a piece of tape over around the back of the heel and finish on the fixing turn.



10) Heel lock and anchor. Starting on the shin fixing turn move down over the outside ankle and wind around the heel (keep the achilles free). Wind around the back of the heel under the foot and on the top of the foot to anchor the tape (Picture 15)



11) Finish off with 2 fixing turns on the shin.

