



Kinesiotaping of the Ankle for Dance Injury Prevention

What is KT tape?

- 100% made from a gentle cotton fiber strip, latex-free, medical grade acrylic adhesive
- Hypoallergenic
- Water-resistant
- Can be worn for multiple days
- Tension on tape has the ability to relax or stimulate muscles

How does it work?

- Kinesiotaping (KT) taping works by providing increased stability and support to the muscles and joints without restricting joint range of motion.
- KT tape can also decrease swelling, by microscopically lifting up the skin, and allowing for improved blood flow to the area and improved lymphatic drainage.
- Can be used as a rehabilitation approach post-injury or as an injury prevention approach.



Taping Tips

- Before applying the tape wipe the skin down with an alcohol-based disinfectant wipe to clear the skin of any oils.
- Do not put on any lotion to the area before application of the KT tape

For more information about basic principles of KT tape: <https://kinesiotaping.com>

Taping Techniques for Common Dance Injuries

WATCH HERE <https://www.youtube.com/watch?v=-ySkXxXCYbg>

3-Strip Stability Tape: Ankle Sprains: Foot placed in neutral for this taping technique

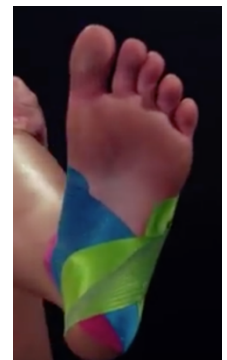
Tape Strip 1 (Pink)

- Measure inside heel to area you want tape to stop on the calf.
- Apply 2" anchor strip (with no stretch) to the outside calf.
- Lay the tape down flat and start to apply 50% stretch as you go from outside heel to inside heel, and finally applying another 2" anchor strip (with no stretch) to the inside calf.
- Rub the applied tape for 30 seconds.



Tape Strip 2 (Blue)

- Measure inside arch to mid point of the arch on the outside of the foot.
- Apply 2" anchor strip (with no stretch) to inside heel.
- Lay the tape down flat applying 50% stretch behind the heel, outside foot, And then under the arch, and then ending with another 2" anchor strip (with no stretch) connected to the original anchor.
 - Rub the applied tape for 30 seconds.



Tape Strip 3 (Green)

- Measure the outside of the foot at the mid point of the arch.
- Apply 2" anchor strip (with no stretch) to outside foot.
- Lay the tape down flat applying 50% stretch going behind the heel, around the inside heel, and then ending with another 2" anchor strip (with no stretch) connected to the original anchor.
- Rub the applied tape for 30 seconds.

WATCH HERE: <https://www.youtube.com/watch?v=WTSOQg680mc>

Plantar Fasciitis Taping Technique: Foot placed in fully bent (dorsiflexion) position with toes completely extended up

Tape Strip 1 (Yellow)

- Apply 2" anchor strip (with no stretch) to ball of the foot (just behind the toes).
- Lay the tape down flat applying 50% stretch along the bottom of the foot in contact with the arch, and up the back of the heel along the Achilles tendon. Finish the tape by applying a 2" anchor strip (with no stretch) along the Achilles tendon.
- Rub the applied tape for 30 seconds.



Tape Strip 2 (Blue)

- Measure from the outside part of the foot in front of the heel to the inside of the ankle a few inches above the ankle bone.
- Apply 2" anchor strip (with no stretch) to the outside part of the foot in front of the heel.
- Laying the tape down starting a few inches above the ankle bone on the inside of the foot, apply 80% stretch under the foot just in front of the heel, finishing with a 2" anchor strip (with no stretch) to the outside part of the foot in front of the ankle.
- Rub the applied tape for 30 seconds



Tape Strip 3 (Pink)

- Apply 2" anchor strip (with no stretch) just over tape strip #2, in the middle of the Achilles tendon.
- Laying the tape down apply 80% stretch over the ankle bone (on the inside part of the foot), under the arch, and finishing with a 2" anchor strip (with no stretch) to the outside part of the foot over the ankle bone on the outside of the foot.
- Rub the applied tape for 30 seconds.

