

# How to Tape an Ankle for Support



Wrapping a sprained or injured ankle correctly is important in the healing process. A step-by-step process helps reduce swelling and obtain optimal support.

If you are using tape instead of a cloth bandage, make sure to apply pre-wrap with the same steps, before beginning with the tape.



**Step 1:** Flex your foot so it's at a 90-degree angle with your shin. Hold the bandage at the side of your foot, right below your toes at the ball of your foot. Begin wrapping the bandage tightly, but not so tight that it cuts off circulation. Pull

the bandage over the top and under, overlapping the bandage somewhat while covering the ball of your foot.



**Step 2:** Once you have wrapped most of the ball of your foot, bring the wrap across the top of your foot and circle around the ankle and then back down diagonally to the ball of your foot. Continue the figure eight pattern across

the top, around the ankle and under the arch moving toward the heel on the bottom and the calf at the top.



**Step 3:** Once you have used all the bandage, use tape or a medal fastener to keep it in place. If you are using tape, once you feel like you have enough support, you can rip the tape off.

If you continue to have pain, please visit us at OrthoIndy Urgent Care or make an appointment with one of our foot and ankle specialists.

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