



Strapping Tutorial

# The Ankle d<sup>3</sup> cohesive tape Video #17

stabilise and compress the ankle joint  
and reduce swelling

## EQUIPMENT:

1 roll 50mm or 75mm  
d<sup>3</sup> Cohesive Tape



## TOP TIPS

Cohesive tape is hand-tearable and sticks to itself, making it perfect for quick-solution joint taping and its application is not affected by wet, moisture or hair. Interestingly, it was first developed by vets for use with horses.

Cohesive tape is most commonly used to support and wrap a joint and helps reduce injury swelling. Its stretchy nature allows comfort and some movement in the joint area. Apply with enough tension and layers to support the injury without fully locking out the joint and/or cutting off blood circulation.

If used carefully, d<sup>3</sup> Cohesive tape can be reused making it highly cost-effective.

Instead of cohesive tape, EAB (elastic adhesive bandage) can be used as an alternative but is a (scissor-cut) one-time use option that is more expensive.

d<sup>3</sup> Cohesive tape sticks to itself, not to the skin, so overlapping tape-on-tape is best and most effective when creating compression wrapping.

Cohesive tape is also excellent for wrapping ice-packs onto, or around, a muscle injury as part of Rest, Ice, Compression, and Elevation (R.I.C.E) rehab protocol, to reduce swelling, before seeking medical advice.

01. Keep the foot (and toes) pointing up (dorsiflexion), reducing the angle between the top of the foot and the shin bone as tape is being applied. 0.9



0.9

02. Create an anchor wrap (by wrapping the cohesive tape around the shin twice) without any tension, approximately 5-7 cm above the bony ankle protrusions (medial and lateral malleolus'). 0.16



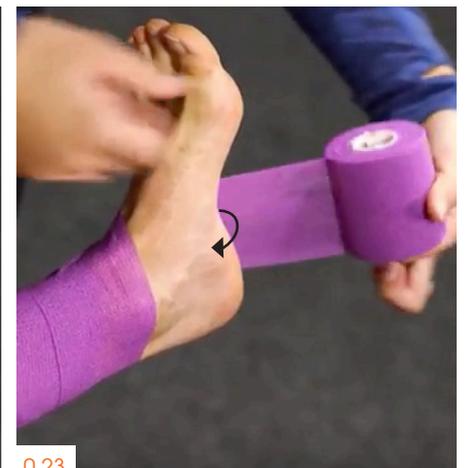
0.16

03. Gradually work down the shin wrapping and overlapping the tape with some (but not too much) tension. 0.23

Then wrap the cohesive tape under the foot arch (instep sole of the foot) and back over the top of the mid-foot (meta tarsal bones). 0.23



0.23



0.23

**04.** Now, create a figure-8 wrap by bringing the cohesive tape back down the outside of the foot toward the back/top of the heel and then around it.

Bring the tape back to the top of the forefoot to complete one figure-8 wrap. **0.25**



0.25

**05.** Complete another figure-8 wrap, for added support, back under the foot and around the top/back of the heel (if needed) by repeating step 4.

Be careful not to tape too tightly or do too many figure-8 wraps. **0.28**



0.28

**06.** Finish by wrapping and overlapping the tape back up the shin towards the original anchor wrap point. **0.32**



0.32

**07.** Complete another anchor wrap over the original anchor wrap, tear the tape and tuck it under itself and/or use some rigid tape just to keep it firmly in place. (Optional). **0.35**



0.35



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