

## Ankle Taping Skill Assessment

**Athlete:** “I hurt my ankle 3 days ago, and went to the doctor for an assessment. He said it was a mild sprain and I could try playing sports once the swelling went down, but should have the ankle supported with tape.”

<b>Ankle Taping Steps</b>	<b>Below Standard</b>	<b>Minimal</b>	<b>Fully Meets Standard</b>	<b>Above Standard</b>
<b>Assessment</b>				Check for -history -inversion or eversion -distal circulation -range of motion -weight bearing
<b>Positioning</b>				Patient is sitting comfortably with ankle hanging over the edge of a chair or desk.
<b>Skin Preparation</b>				Verbalize -shave, wash, dry, tuff-skin, cover cuts, pad bumps. -can use pro-wrap (for practice only)
<b>Anchors</b>				Two strips of tape for each anchor Below calf muscle, and middle of foot
<b>Ankle Position</b>				Close to 90 degrees
<b>Stirrups</b>				Pull in the correct direction (inversion or eversion)
<b>Basketweave</b>				Alternate stirrups and behind ankle, then cover up to anchor
<b>Heel Lock</b>				One on each side, should be 45 degrees close to heel
<b>Finish</b>				Cover up tape ends over original anchors
<b>Assessment</b>				Checks Distal Circulation, Weight Bearing, Motion,
<b>Overall *3</b>				No windows Tape is flat, few wrinkles
<b>Total Time *3</b>	<i>Over 10 minutes</i>	<i>7-10 minutes</i>	<i>5-7 minutes</i>	<i>Less than 5 minutes</i>

