

Taping ankle joint part 1

lymph tape
K-Active

Directly to taping ankle joint

Main application area

Sprain
Overload pain
Strain elongation
Swelling

What you need

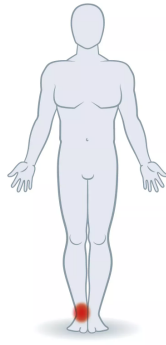
1 tape strip:
1 x lymph tape (blue)

Duration of application

Up to 7 days

Ankle pain

Pain in the ankle joint is a common problem and can occur in different areas of the joint. They can manifest in the anterior, lateral, posterior area or in the entire ankle. This pain can occur acutely, often as a result of injuries such as sprains or overstrain. On the other hand, they may also be chronic and due to degenerative changes or repeated injuries. This can lead to **severe restrictions on the mobility of the foot** and cause symptoms such as **stiffness, swelling, instability or reduced mobility**.



Information

General information

The ankle is one of the most complex joints in the human body and is **essential for the movement of the foot**. It is popularly referred to as the joint that makes the connection between the leg and foot. It consists of three main bones: the **tibia (tibia)**, the **fibula (fibula)** and the **talus (talus)**. All three are connected by numerous ligaments and tendons and help to create complex movements. Basic movements of the foot, including bending (dorsal flexion) and stretching (plantar flexion), can be performed in this way. These movements are essential for walking, running, jumping and balancing. In addition, especially the bands around the ankle are important for its stability. They help to keep the bones in place and prevent excessive movement that can lead to injury.

Causes

Ankle pain can be triggered by a variety of causes, including:

- **Sprains:** The most common causes of ankle pain include ligament injuries or sprains in which the ligaments are stretched, torn or torn.
- **Fractures:** Bone fractures in the ankle area may cause severe pain.
- **Arthritis:** Inflammatory diseases such as arthritis can lead to chronic pain and stiffness in the ankle.
- **Achilles tendon problems:** Pain in the posterior ankle can be caused by Achilles tendon problems.
- **Overload:** Excessive exercise, poor foot biomechanics or prolonged standing can cause pain in the ankle.

How does K-Active Tape help against ankle pain?

The K-Active Tape can be a supportive measure in the relief of ankle pain. Especially in cases of swelling in the ankle, the lymphatic application can stimulate the lymphatic circulation. For example, the tape can help to drain excess fluid from the affected area and reduce swelling. Consequently, this may help to reduce the pressure on surrounding tissue and nerves, which may relieve pain.

Taping ankle joint part 1 - Tips



Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

Step by step tape tutorial

Download instruction



→ 1.

Begin by applying the lymph tape to the ankle by placing the base of the blue tape in the direction of the drain and peeling the release paper down to a small residue.



→ 2.

Position the foot in dorsal extension and apply the rear reins without tension (0% stretch).



→ 3.

Bring the foot into plantar flexion and apply the front reins without tension (0% stretch).



→ 4.

Position the foot in neutral version (neutral position), with a slight inversion (minimally turned inwards), and apply the middle reins without tension (0% stretch).



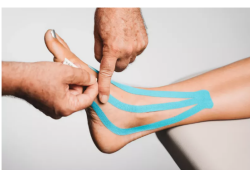
→ 5.

The same application is done on the inside of the foot (medially on the foot).



→ 6.

Attach the upper reins without stretch (0%).



→ 7.

The same follows for the lower and middle reins of the tape (0% stretch).



→ 8.

This is what the finished lymphatic application looks like.



→ 9.

Et voilà! You're done with the application on the ankle.