KINESIOLOGY TAPING FOR SPORT

# ACHILLES

SPORTTAPE

# GETTING STARTED

Ideal for achilles tendinopathy, this application makes use of the manipulative nature of K Tape. It is a little more advanced though, so pay attention to the positioning and techniques as you make your way through the app.

You'll need to manipulate the position of the foot whilst taping so pay attention to the sections where the tape is ripped and how you can manipulate the stretch on the achilles.

Always remember not to "tape by numbers" and use your own clinical reasoning for every application.

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# THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS

## 1

### PREPARE

Dorsiflex the foot to stretch the achilles and calf.

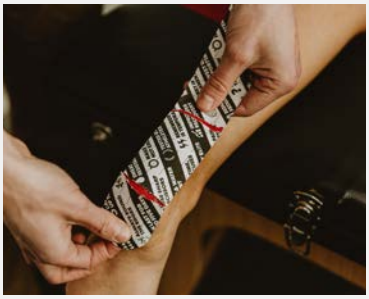
Measure a long strip of tape from the bottom of the heel to the top of the calf. Cut and round the edges.

Rip the backing paper into three.

1. The first for the base anchor at the heel
2. The second that will cover the achilles tendon and muscle tendon unit
3. The third for gastrocnemius and top anchor.

### QUICK TIP:

If you have access to PRE-TAPE spray. This is the time to use it. The achilles can be a tricky area for tapes.



# THE SUPPORT

THE STRETCH PROPERTIES OF KINESIOLOGY TAPE ALLOW YOU TO MANIPULATE THE TAPE FOR THE BEST RESULTS

## 2

### ANCHOR

Keeping the foot in dorsiflexion, stick section one (your first base) to the heel with no stretch.

## 3

### ACHILLES

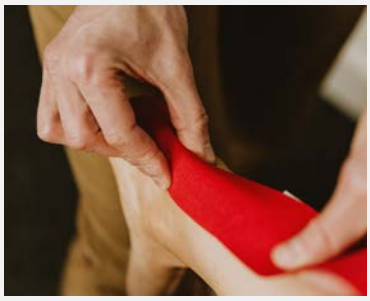
Lay the second section of the tape over the Achilles tendon and muscle tendon unit with 50% stretch, centralising the tape as much as possible over the tendon.

Once applied, take extra care to mould the tape around the tendon.

This will make the application more comfortable, and help it stick more securely around the tendon.

### QUICK TIP:

If you're using a massage bed to tape, you can use you knee to manipulate the foot position.



# THE LIFT

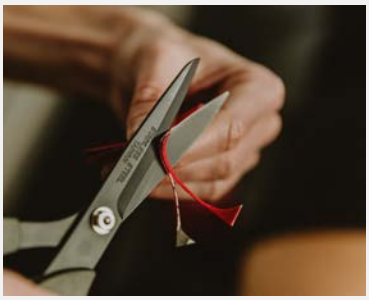
THE ACHILLES IS NOTORIOUSLY TRICKY TO GET TAPE TO STICK, APPLYING A SECOND STRIP HELPS A LOT

## 4
## CALF

Maintaining a calf stretch, lay the rest of the tape along the belly of gastrocnemius with no stretch.

## 5
## SECURE

Measure a short strip of tape around the achilles. Cut and round the edges.



Rip the backing paper into 3 sections and remove the middle piece of backing paper.

Apply 50% stretch to the middle of the tape, aiming directly over the achilles tendon.

Lay the remaining tabs of the tape down with no stretch.

# THE FINISH

THIS IS HOW THE PERFECT ACHILLES APPLICATION SHOULD LOOK

Please let us know how you get on with the application. If you have any questions or suggestions don't hesitate to get in touch.

We've taped thousands of legs but we're still learning and evolving.

We're here to support you and your athletes. It's our passion and we've built SPORTTAPE on providing honest practical advice, and products that work.

For your taping needs visit: www.sporttape.co.uk

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