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Sent: Thursday, 19 April 2012 12:22 PM
To: Steve
Subject: PHYSIO4ALL E-News: Strap It! - How to Strap your Ankle

Learn about Ankle Strapping! PLUS Special Offer - FREE Biomechanical Assessment and Taping Training!! For First 10 Callers!!

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PHYSIO4ALL E-News

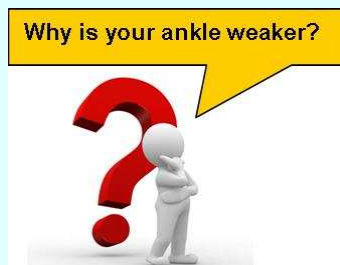
Strap It!!

How to Strap your Ankle

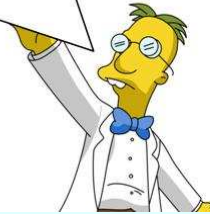
Many people regularly strap their ankles before playing sport.

- Are their ankles weak?
- Are they doing it correctly?
- Do they need to keep strapping?
- What else can they do for ankle stability?

After an ankle sprain many people return to sport unsure of what their ankle can tolerate and **in fear of it happening again.**



The ligament that is sprained will have scar tissue formation. This creates a weak spot which is why 80% of ankle's re-sprain. You also lose balance which increases the chances of rolling your ankle again.



What can you do to prevent this?

Physiotherapy at the time will reduce scar tissue formation and encourage stronger repair of the ligament. Specific training will increase the stability of your foot, ankle and leg which is your best defence against re-sprains. If your feet are unstable (e.g. flat feet, hyper-mobile ankles) you may need orthotics.

Will strapping prevent ankle sprains?

No. It can help stabilise an ankle but ultimately if your entire body weight goes through a rolled ankle you will sprain a weakened ligament. **The better the quality of the strapping the better support you will have.** Strapping will still be better than most sport braces available.

Should I strap when I play sport?

If you have recurrent ankle sprains you should consult Physio4all to see if there are other considerations before strapping is necessary. If you strap out of habit there might be something quicker, easier and more permanent you could be doing!!



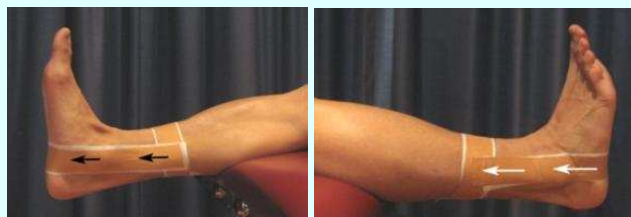
See our strapping guide below or check out our YouTube video on [Ankle Strapping](#).

How to strap:

- Start with an anchor, not tight, about 10cm above the ankle



- Stirrups- from the outside of the anchor over the ankle, underneath the heel, over the other ankle and finish on the inside of the anchor. Repeat with 1cm overlap. Repeat from the other direction (inside to outside)



- Figure six's- (2 each side) Again from the outside anchor down over the ankle, underneath the heel, then up the arch, across the front of the foot and back to the same ankle. Repeat for other direction.



- Finish over the anchor, again not too tight.

If you think you may have an ankle sprain or any other condition please contact one of our physiotherapists on 9922-2212.

PHYSIO4ALL ANNOUNCEMENTS

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Download the following voucher, and receive a **FREE Biomechanical Assessment and Taping Training** with one of our experienced physios! **Valued at \$100.00!**

For the first 10 callers!

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