



KOMO know how

*Ankle Taping:
an easy application guide*

KOMOTape
Support in motion



For everyday use; including low and medium levels of exercise and sport

*An easy application guide for
ankle taping for **ankle pain, instability** or ankle recovering from sprain.*

KOMO Physio tape was designed to help **PROMOTE** movement, **IMPROVE** performance & **RESTORE** function to the injured body.



Watch the Ankle Taping with KOMO Tape video guide

Always apply the tape to clean, dry skin

Remove if skin becomes irritated.

Apply KOMO tape at least **30 minutes before exercise.**

(This helps the tape stick for longer.)

- An **easy taping** method to **do yourself with ankle flexed**
- **Cut a 1 m strip** with rounded edges to increase adherence
- **Secure the tape** to the **outside bony prominence of the ankle**
- **Wrap over the front of the foot** and underneath the foot arch
- Repeat the pattern in a **figure-of-8** until the tape runs
- Do not finish taping under the foot as this will cause discomfort
- **Rub vigorously for 10 seconds** to help adhere to the skin
- **Stretch the tape about 50%** but do not distort the pattern on the tape otherwise too much stretch has been applied

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