How to Wrap an Ankle

by: Scott Flamm, Ryan Kershaw, Shawna Warren, Tara Benson

Information Section

- Fore Foot
- Front of Ankle
- Ankle Bone
- Back of Ankle
- Arch of Foot

Materials Needed

- Bandage
- Clasp

Directions

1. Starting from the big toe to the pinky toe (as shown in the picture on the left) wrap the bandage twice around the fore foot to anchor the bandage (as shown on the right)
   - Bandage should be pulled tight, but only tight enough to provide support, do not cut off the circulation in the foot (toes should not turn blue)
   - Be sure the ankle is off an edge, and at about 90 degrees

2. Bring the bandage around the back of the ankle.

- Directions continued on back
3. Make one complete wrap around the ankle covering the ankle bone.

4. Take bandage over the top of the ankle and under the arch of the foot. This creates a triangular space on the inside part of the foot.

5. Wrap the bandage around the top of the foot, cover the triangle made in the last step. Then wrap the bandage around the back of the ankle.

6. Bring the bandage across the top of the foot.

7. Bring the bandage under the arch of the foot.

8. Continue to wrap the bandage around the ankle, then foot, until the bandage has almost run out.

9. Attach clasp to the end of the bandage to secure them in place.

10. The clasp should now be holding the bandage in place.