

## FIBULAR CORRECTION TAPE FOR AN ACUTE ANKLE SPRAIN



Leukotape K

Much has been written about the treatment of a sprained ankle. The Leuko Strapping Guide shows different ways of strapping the ankle, depending on whether it is an acute ankle sprain or an ankle which needs to be taped for “return to play”.

However, from many years of clinical practice, I have noted that one of the common problems of an acute sprain is a fibular displacement. This in turn will restrict plantar flexion and possibly dorsi flexion.

The reason for the fibular displacement is the instability of the fibula due to the tearing of the ankle ligaments especially the anterior talo-fibular ligament. The Mulligan technique is performed to correct this problem but in order to stabilize the fibular following treatment, Leukotape K 50mm is used.

The application of the strapping technique is as follows:

The physiotherapist must be able to strap under the leg therefore the patient sits on the plinth with the injured foot on the physiotherapist's thigh in a slight plantar flexion position.

Step 1: The base of the tape is placed anteriorly to the fibular head at 45 degrees.

**Fig. 1**

Step 2: The physiotherapist uses the heel of the hand to push the fibular posteriorly.

**Fig. 2** It is very important that, at the same time, the tape is stretched 100%.

Step3: The 100% stretched tape continues in a spiral around the leg ending below the knee with a base that has no stretch. **Fig. 3**

Please note that research has shown that the fibular may displace in other directions. The tape should therefore be adjusted accordingly.

Please forward any queries or comments with respect to injuries, techniques or Leuko products to [askleuko@bsnmedical.com](mailto:askleuko@bsnmedical.com) for advice from the Leuko Strapping Panel, who are members of the South African Society of Physiotherapy. Selected questions will be loaded onto the BSN Medical website [www.bsnmedical.co.za](http://www.bsnmedical.co.za) for reference purposes.

**Refer to the Leuko Strapping Guide for basic guidelines.**

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