

# Application: Basic Achilles Taping Procedure

## Reason for Application:

This taping procedure is used to provide assistance to the major muscles in the lower leg that plantar flex the foot (Gastrocnemius, soleus, and Achilles tendon). Common problems such as Achilles strains and calf muscle strains are usually aided by this type of taping application.

## Required Materials:

- ▶ White Athletic Tape 1½" x 15 yards (#EX25-1515W Pro-White™)
- ▶ Foam Underwrap 2 ¾" x 30 yards (#50-27530)
- ▶ Heavyweight Stretch Tape 3" x 5 yards (#5000-3050T Jaylastic® Plus II)
- ▶ Tape Adherent Spray
- ▶ Scissors

## Procedure:



**Material Layout**

### Step 1:

Position the athlete with the heel pointing upward.

Apply Foam Underwrap to provide a proper taping base to the skin.

Apply two (2) anchor wraps of #EX25 Pro-White™ tape to the base of the calf and mid foot as shown.





**Step 2:**

Measure a piece of #5000 Jaylastic® Plus II three (3) inch width along the base of the lower leg to the mid foot anchor.

**Step 3:**  
After proper measurement, cut the tape with a pair of scissors at the desired length required.



**Step 4:**

Place a one (1) inch deep slit in the middle of each end of the tape as shown.

**Step 5:**  
Take one end of the #5000 tape and firmly pull apart the ends to about three (3) to four (4) inches.

Secure each strip around the mid foot.



**Step 6:**

When securing the top strips it is important to pull the foot into slight plantar flexion. This will assure that the tape will help support the Achilles tendon during activity.

**Step 7:**  
Make sure that there are no wrinkles, and that there is slight tension on the tape.





**Step 8:**

This how the dorsal surface of the foot should look with the anchors.



**Step 9:**

Apply three (3) to four (4) anchor wraps of white tape to secure the ends of the #5000 Jaylastic® Plus II – heavyweight stretch tape.



**Step 10:**

Apply three (3) to four (4) anchors of white tape to secure the ends from the base of the calf downward.

**Finished  
Procedure**



**Options to Procedure**

This taping procedure is meant to provide support of “toe-off” activities. If there are concerns of ankle weakness in conjunction with Achilles tendon weakness, a basic ankle taping procedure can be added to this procedure.

**Comments:**

If more assistance is required, add one (1) to two (2) more strips of the #5000 Jaylastic® Plus II.

**Cautions:**

It is important when applying the strips of #5000 Jaylastic® Plus II that the strips are not pulled too tightly. This may lead to the athlete being unable to function properly during activity.

If pain increases or continues, stop usage and consult a Certified Athletic Trainer, physician or qualified medical professional.



This taping technique has been constructed courtesy of Chris Foye, ATC (Certified Athletic Trainer).

Chris Foye, ATC

**Notes:**

**Jaybird & Mais, Inc.**

360 Merrimack Street • Lawrence, MA 01843-1740 USA  
Tel (978) 686-6859 • Fax (978) 686-1141 • E-mail: [sales@jaybird.com](mailto:sales@jaybird.com) • [www.jaybird.com](http://www.jaybird.com)