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## Discussion on the Taping of the Ankle Joint

(Especially, the Articulatio Talocruralis)

By *Katsuhide Ando*\*

Sprains of the ankle joint, especially those of the articulatio talocruralis, are seen in high frequency in many sports.

In the United States, taping has long been practiced in American football, basketball, etc., in which sprains are involved especially in high frequency, in order to prevent the occurrence of sprains, however, at the present time, taping is practiced not only for prevention purposes but also for protection and treatment purposes.

The objectives of taping are as follows.

### 1) Taping for Prevention Purposes

Taping is given to the joint region of the ankle where sprains are considered to occur frequently; sprains are prevented by limiting the area of turning inside and outside movement while the ankle plantar flexion and foot dorsiflexion, which are the main movements of the articulatio talocruralis, are not limited as far as possible.

### 2) Taping for Protection Purposes

In the case when participation is made in athletic rehabilitation and a competition after receiving injuries, taping is given in order to prevent receiving injuries again. In Japan, taping is practiced generally for this protection purposes.

### 3) Taping for Treatment Purposes

Prevention of an increase in swelling after receiving an injury by the application of pressure is one of the emergency methods for treatment of sprains.

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The affected portion is fixed continuously, by which the pain is alleviated.

From the efficiency viewpoint, taping is superior to the conventional fixation in which bandaging is used. As a result of their studies, Mr. Garrick and Mr. Requa, Washington University of the United States, reported that sprains occurred in lower frequency in those participated in exercises with the joint regions of their ankles taped as compared with those participated with no taping.

By the way, as to the method of taping, in the case of prevention purposes, taping by means of total fixation can be adopted, however, in the case of protection and treatment purposes, taping by means of opening the front or rear part of the tape should be used in consideration of the occurrence of swelling.

Lastly, in Japan, taping is being considered effective in all cases, and participants in exercises and competitions are likely to be made their joint regions taped, however, in order to develop the muscular strength (after receiving injuries), taking exercises are necessary. We should not forget that taping is to be used in order to effect limitation on the movable area of the joint as a compensation of ligament.