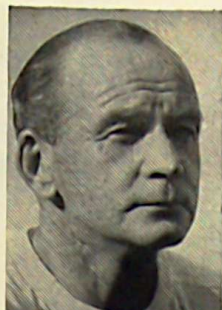




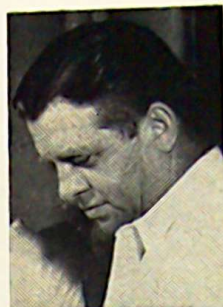
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U of Connecticut



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Head Trainer  
Cornell University



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Miami U. (Ohio)



Joe Glander  
Head Trainer  
U of Oklahoma

# THE NATIONAL ATHLETIC

## ARCH & ANKLE SUPPORT

(A Taping Technique)

NASEBY RHINEHART, Head Trainer

University of Montana



Chuck Cramer  
Executive Secretary

EDITOR'S NOTE: Trainer Naseby Rhinehart of the University of Montana is indeed a credit to a grand profession.

This is basically an arch support, but it will also give good ankle support. This wrap has been a great help in treating arch and foot troubles.

Severe arch ailments will require felt

padding before the tape is applied. Each case will be different, so you will have to use the trial and error method until a desired thickness is found.

Figure 1 demonstrates the position of the foot during the entire taping procedure. The foot is in a normal relaxed position. The foot, in this relaxed position, is slightly plantar flexed, and slightly inverted. Notice how easy it is to brace the arch in this position. I like to have the boy lying on the training table completely relaxed. In this position the muscles, tendon and ligaments are relaxed in the foot, ankle and the muscles are relaxed in the leg. Use  $1\frac{1}{2}$  inch tape and  $\frac{1}{2}$  to  $\frac{3}{4}$  pressure. Strip No. 1, start underneath external malleolous, bring under the heel, up over posterior portion of Internal Malleolous, diagonally up the leg and anchor just below patella, in the center of the shin bone.

Fig. 3. Strip No. 2 use  $\frac{1}{2}$  to  $\frac{3}{4}$  pressure. Start underneath Internal Malleolous, bring under heel, up over external malleolous, anchor  $\frac{3}{4}$  way up the leg in the center of the shin bone, just below the knee cap. The application of strip No. 2 is exactly the opposite of strip No. 1.

For strength we apply a total of six (6) such strips, three (3) on each side. See Fig. 4.

Strip No. 3 will fall exactly over Strip No. 1. Strip No. 4 will fall exactly over Strip No. 2. Strip No. 5 will fall exactly over Strip No. 3. Strip No. 6 will fall exactly over Strip No. 4. Check anchors in Fig. 4.

Fig. 5. Strip No. 7, same pressure. Start at base of little toe, along outside edge of foot, around heel, along inside edge of foot, and anchor at base of big toe. Strip No. 8. This strip is identical with Strip No. 7, only overlap by  $\frac{1}{2}$ .

Fig. 6. Strips No. 9, 10, 11, etc., depending on the length of the foot. Overlap by  $\frac{1}{2}$ . Start underneath external malleolous and anterior to it. Bring underneath the heel and anchor underneath and anterior to the Internal Malleolous. Continue this process, overlapping by  $\frac{1}{2}$  until you have worked out to the metatarsal-phalangeal joints. Anchor these strips. This anchor strip is put on in the same manner as Strip No. 8.

Fig. 7. Take a strip of tape long enough to go around base of toes.

*To All Trainers . . .*

National Athletic Trainers  
Association

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and Clinic**

**Monday-Tuesday, June 9-10**

**Kansas City, Missouri**

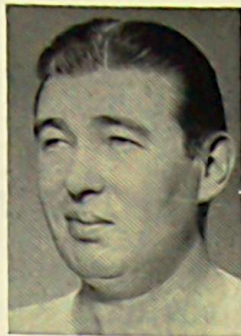
You don't want to miss this convention, fellows . . . It will be an all important meeting this year.

Plan now to attend.





Wayne Rudy  
Head Trainer  
S.M.U.



Fred A. Peterson  
Head Trainer  
U of Wyoming



Henry F. Schmidt  
Head Trainer  
U of Santa Clara

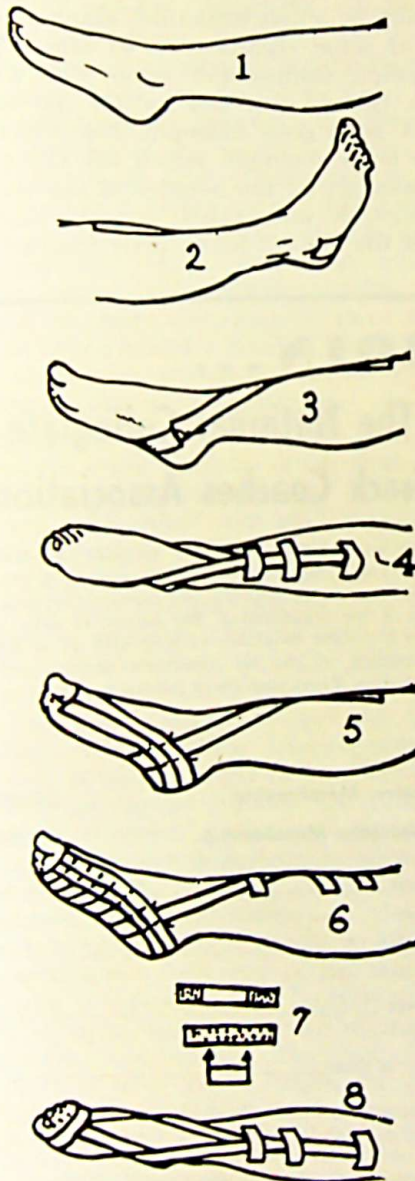


W. J. Luchsinger  
Head Trainer  
Miss. State Col.



Hugh Burns  
Head Trainer  
Notre Dame

# TRAINERS ASSOCIATION



Place a shorter strip of tape in the center of the long strip. Place the two sticky surfaces together. Apply this strip across the base of the toes. This allows freedom of movement of the head of the metatarsals.

Strips No. 1, 2, 3, 4, 5 and 6 will give good ankle support. After you have completed the taping technique, look at the plantar surface of the foot. You have excellent longitudinal arch support as well as very good transverse arch support.

Did you know . . . Head Team Trainer, Eddie Wojecki of Rice Institute has conducted more training clinics and lectures at coaching clinics . . . talking and giving training demonstrations to more coaches than any other athletic trainer in the nation.

Did you know . . . Coach Abe Houston of Brownwood, Texas High School designed the foot and powder box used in so many high schools and colleges throughout the country. Write Chuck Cramer of Gardner, Kansas for construction plans.

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Did you know . . . be sure your brain is turning over before you throw your jaw in gear.

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