



PowerFlex® / PowerTape® BUDGET TAPING METHOD

Better Protection
.....
Less Money!

1 ROLL
PowerFlex®

+

1 ROLL
PowerTape®

=

2 ANKLES



Up to 63% cost savings
over Traditional Taping*

*Based on estimated
per ankle costs

Step 1

WRAP POWERFLEX 2" to 3"
ABOVE THE ANKLE BONES



Step 2

APPLY POWERTAPE WITH
1 TOP ANCHOR AND 3-4
SHORT STIRRUPS



Step 3

CONTINUE WRAPPING
POWERTAPE WITH
COMBINATION FIGURE 8
& HEEL-LOCK



Step 4

FINISH WITH 2 CIRCULAR STRIPS
(TOP & BOTTOM OF TAPING) TO CLOSE

