



# Grand Canyon University

## Athletic Training Education Program Application

### Taping Evaluation

Applicant Name \_\_\_\_\_

This form may be completed with any BOC Certified Athletic Trainer

Demonstrate the ability to perform an inversion or eversion ankle taping procedure

- A. Students will complete appropriate taping procedure as quickly as possible. Time will begin when pre-wrap is started and end when student says "finished"
- B. Five seconds will be added to the total time for each
  - a. Window
  - b. Roll in pre wrap
  - c. Wrinkle in tape
  - d. Missing procedure
- C. Final score will reflect additional time for errors

Evaluation form	+	-	Comments
Applies pre-wrap			
Deduction for windows			
Deduction for rolls			
Only one layer			
Inversion/ Eversion appropriate			
Asks the subject to hold the ankle in dorsiflexion			
Anchor strip around lower leg just below gastroc belly (5-6" above malleolus)			
Anchor strip around foot (over 5 <sup>th</sup> MTstyloid)			Not too tight
Alternate Stirrup & Horseshoes			
Correct starting point (medial vs. lateral)			
Progresses stirrups posterior (behind malleolus) to anterior			
Progresses horseshoes distal (below malleolus) to proximal			
Overlaps 1/2 to 2/3 previous tape			
At least 3 of each applied			
Apply Heel Locks			
At least one medial			
At least one lateral			
Applies at least one Figure 8			
Closes overlapping 1/2 to 2/3 of previous strip			
Deductions for windows			
Deductions for wrinkles			

Total Time \_\_\_\_\_

Errors (add 5 sec each) \_\_\_\_\_

Final Time \_\_\_\_\_

ATC printed \_\_\_\_\_

BOC # \_\_\_\_\_

ATC signature \_\_\_\_\_

Evaluation Date \_\_\_\_\_

ATC phone \_\_\_\_\_

ATC email \_\_\_\_\_