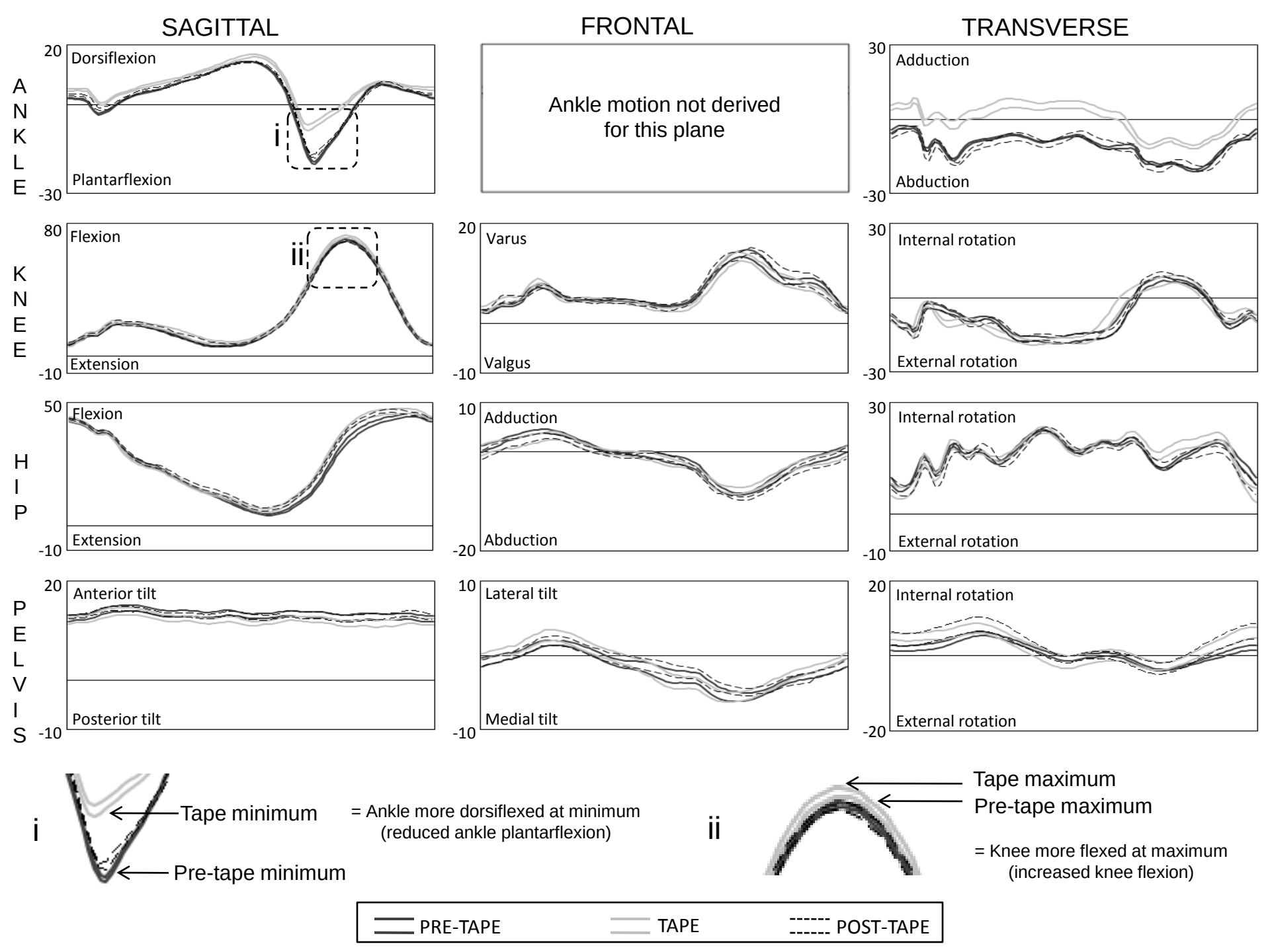
SAGITTAL
FRONTAL
TRANSVERSE
ANKLE
KNEE
HIP
PELVIS
20
Dorsiflexion
i
Plantarflexion
-30
Ankle motion not derived for this plane
30
Adduction
Abduction
-30
80
Flexion
ii
Extension
-10
20
Varus
Valgus
-10
30
Internal rotation
External rotation
-30
50
Flexion
Extension
-10
10
Adduction
Abduction
-20
30
Internal rotation
External rotation
-10
20
Anterior tilt
Posterior tilt
-10
10
Lateral tilt
Medial tilt
-10
20
Internal rotation
External rotation
-20
i
Tape minimum
Pre-tape minimum
= Ankle more dorsiflexed at minimum
(reduced ankle plantarflexion)
ii
Tape maximum
Pre-tape maximum
= Knee more flexed at maximum
(increased knee flexion)
PRE-TAPE
TAPE
POST-TAPE