

Ankle Strapping Workshop

Little Kings Movement hall, 33 O'Keefe Street, Buranda

Tuesday 20th June 2017 7:00 pm for a 7:15 start

Trainer Heydi (physiotherapist)

Ankle/foot injuries are one of the more common conditions that can affect bushwalkers. Taping/strapping can support a sprained ankle or reduce stress on an ankle that is prone to injury. Proper strapping may allow the casualty to walk out unassisted rather than being supported or carried.

This is a practical session. Heydi will demonstrate how to tape an ankle and then supervise participants taping ankles. Expect to tape a colleague's ankle and to have your ankle taped in turn. The floor of the venue is tiled so a mat or towel may make sitting on the floor more comfortable. The tape is adhesive rigid strapping tape, so shaving your ankles that morning will make it easier to remove the tape.

Directions

Access is from a laneway off Wolseley Street, which is a couple of hundred meters west on O'Keefe St from the bus station.

Google maps link

<https://www.google.com.au/maps/place/33+Okeefe+St,+Woolloongabba+QLD+4102/@-27.497802,153.0354586,17z/data=!3m1!4b1!4m5!3m4!1s0x6b915a6819ed9019:0xe5a2682432cc9dce!8m2!3d-27.497802!4d153.0376473?hl=en>

Nominating

There are places for 12 people (limited by the strapping tape that has been purchased) filled on a first in first served basis. It may be possible to cater for another 4 if they were prepared to bring their own tape. To nominate email fmrqld@gmail.com