

Method 2: Spiral Pattern Taping



Method 2: Spiral Pattern Wrapping

Remember the acronym F.B.I.O. Front to back, inside to outside. Always wrap to the back. Wrap clockwise on the right legs and counterclockwise on the left legs.

The same rules apply!

- A. Single layer of tape only
 - B. Wrapped just barely snug, never tight
 - C. You should not see a dent in the sock material if this has been done correctly.
- If there are indentations in the socks caused by the tape, start over.

1. Keep the tape at all times free of tension. This method requires that you hold the tape often to make sure that as you are pulling tape off the roll or spiraling it down around the leg, you are not pulling the tape tight on the leg.
2. Use your hands a lot to secure the tape against the leg which will help you keep that spiral lightly snug and do not allow the tape to tighten as you wrap. Wrap down around the fetlock (ankle) and onto the pastern.
3. Cut the tape off and then press all the tape well up and down the leg.

Create a finger tab of tape so that you can easily grab the tape and pull it off.

Read More at [Sock Support](#)

“Keeping the Silver Whinnys in Place and Protected - How to Use Electrical Tape” and other solutions.

“Helpful Wound and Sock Management Tips”

“Method 1: Individual Single Wraps of Tape”

“What If the Electrical Tape Isn’t Working?”

“Put The Socks On Upside Down for Clever Horses and Donkeys”

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