

How To Tape Your Feet

A simple tape support to relieve heel and arch pain.

If applying tape to yourself, position your foot by crossing one leg over the other so you are looking at the arch. The tape must be applied behind the big toe joint, not over the joint. Tape your foot in a relaxed, hanging position. Apply all tape lightly, as flat on the skin as possible. The tape should be applied flat with no tension. This prevents expansion of the foot upon weight-bearing.

Use 2" wide athletic sports tape. Tape may be purchased at FootGuru.com. Each roll is 2" x 10 yards, good for 8-10 applications. Our tape is thin, hypoallergenic, porous, and does not stretch.

1. Cut one 4" long and three 12-14" long pieces of 2" tape.
1. Apply 4" long piece of tape upside down (sticky side up) over the instep. This protects the tender skin in the arch and over the instep.
2. Overlap the instep tape with one 12-14" long piece, encircling the foot.
3. **Most important step.** Apply one 12-14" long piece of tape from the middle of the tape on the outside of your foot, around the heel, low on the foot, 1" wide on heel, 1" hanging over, to the middle of the tape on the inside of the arch. Fold the tape down around the heel and arch.
4. Repeat step 2, overlapping all the other ends of the tape.

Note: This is strong tape with a special adhesive. If there is any irritation, remove the tape and notify your doctor. Never leave tape on the skin for more than 48 hours. It is best to use the tape only for activities, not to leave it on all the time. Do not get your foot wet while wearing the tape. Use supportive shoes with some heel lift. Don't go barefoot with the tape. **Continue sports to tolerance.**

The Footsprings™ is modeled after this taping technique and may be purchased as an alternative to taping. The Footspring is a "day splint" that may be used as a retainer to prevent recurrent heel and arch problems.



FootGuru
P.O. Box 2639
Mill Valley, CA 94942