

LOW-DYE TAPING

Low-dye taping is designed to offload the plantar fascia ligament. It is a short term treatment and the effects vary from patient to patient. However, as a general rule, you should leave the tape on for a maximum of three days, but some might find it needs to be replaced more frequently in order remain effective.

If at anytime the tape is uncomfortable, irritates, causes itching or pins and needles it should be removed immediately.

The taping required is a one inch zinc oxide (rigid strapping), most chemists should stock it. Another place to access it is from www.simplyfeet.co.uk, look under strapping and for Leukoplast (2.5cm). It costs approximately £2.70 per roll (which should last for three to four applications)

HOW TO APPLY THE TAPING

1. The first taping is applied down the outer and inner border of the foot, repeat three to four times. Apply enough tension to avoid the tape wrinkling, it needs to be no tighter.
2. The second taping is applied across the underside of the foot. Starting level with the ankle, apply the tape across the foot from the outside to the inside. Overlap each strap slightly and keep going until just before reaching the ball of the foot.
3. The final taping is a securing tape. Apply a piece of tape across the midfoot, at about where the second taping ends, apply across the top of the foot, but do not encircle the whole foot, as this will be too tight.
4. Initially the tape will feel slightly tight, but this should ease. If it feels uncomfortable at all, remove immediately.



Fig. 1



Fig. 2



Fig. 3

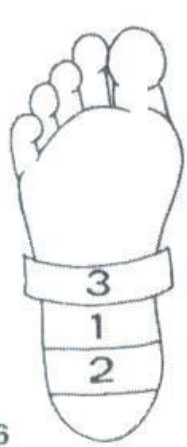


Fig. 6

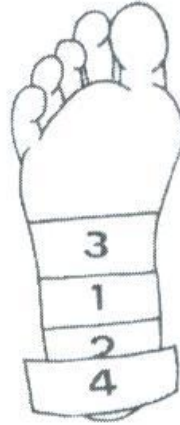


Fig. 7

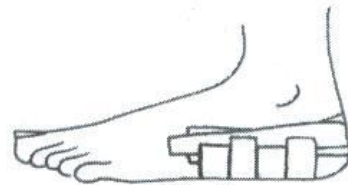


Fig. 8

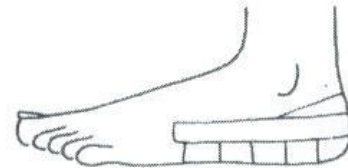


Fig. 9

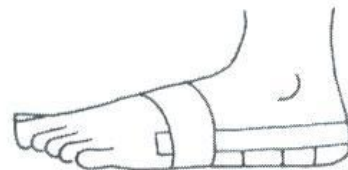


Fig. 10