

Taping for Plantar Fasciitis

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1. Using 1 ½ inch wide cloth athletic tape, attach base strips as illustrated to act an anchor for subsequent layers of tape.



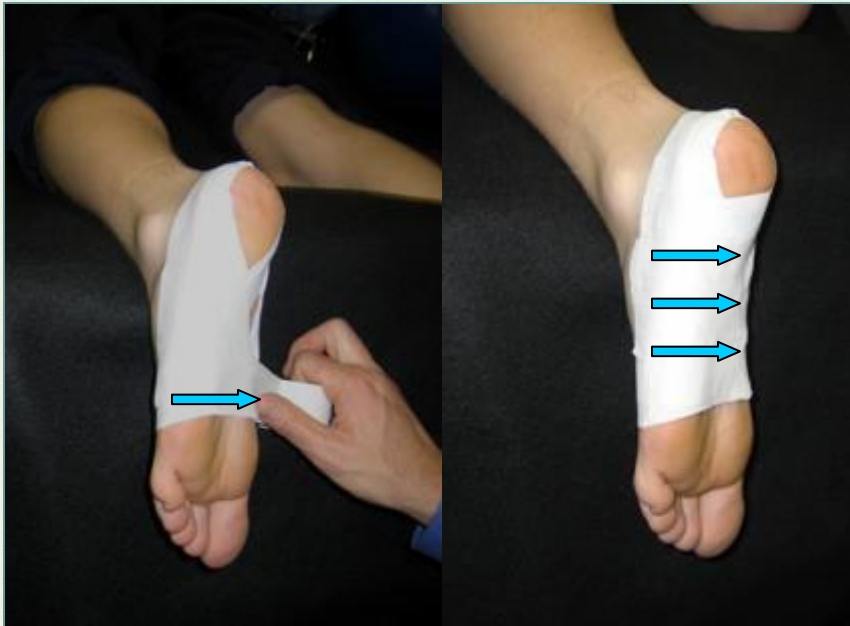
2. Use 1-inch tape and starting on the outside (little toe side) of the foot, follow the outside of the foot up as shown, then come around the heel and across to finish where you started. This will have the tape laid in a tear drop shape.



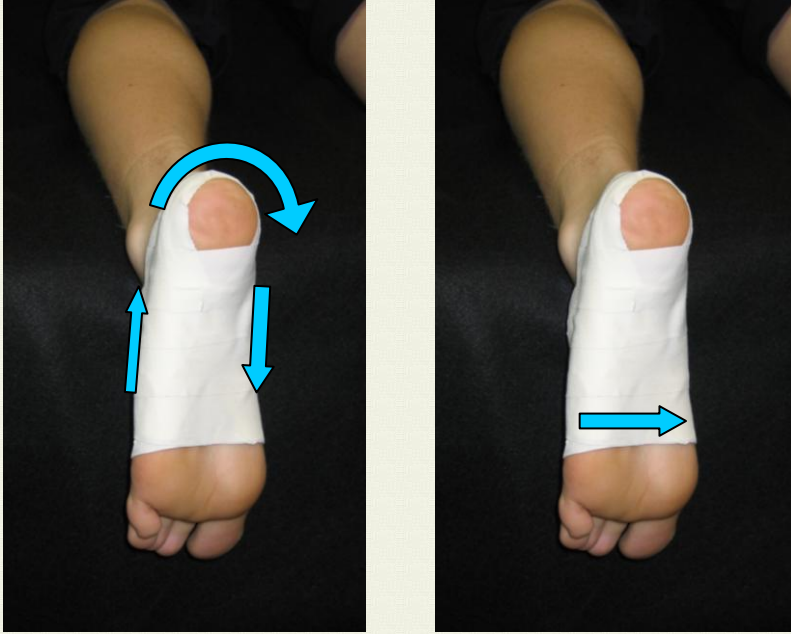
3. Repeat the above step, starting and finishing on the big toe side of the foot.



4. Alternate the two previous steps three times: Switch taping the tear drop shaped loops beginning on the little toe side and the big toe side of the foot.



5. Starting closest to the toes, apply 1½ wide strips of tape across the foot. Each strip should overlay the previous strip of tape.



6. Finish by covering the tape with two more anchor strips as in the manner of step one. Trim excess tape with scissors.

Periodically check the circulation of the foot and the ability to perceive light touch below the taped area.

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