

# Podiatry Services

## Patient Information Leaflet

# Taping for Plantar Fasciopathy

(V1 September 2023)

Low dye taping is a taping technique that has been shown to improve the painful symptoms of plantar fasciopathy. It is designed to support the arch of the foot whilst weightbearing.

Treatment outcomes vary between individuals, but it is to be used with exercises and, if provided by your clinician, with an orthotic.

The tape can be applied in the morning or prior to any physical activity. Although the tape can be kept in place for 2-5 days, it is recommended to apply daily. If you have diabetes, neuropathy (a lack of feeling in the feet) or poor blood flow to the feet please discuss this with your podiatrist beforehand.

### What do I need?

2.5cm zinc oxide tape which is available online and from local pharmacies.

### Can the tape cause a skin irritation?

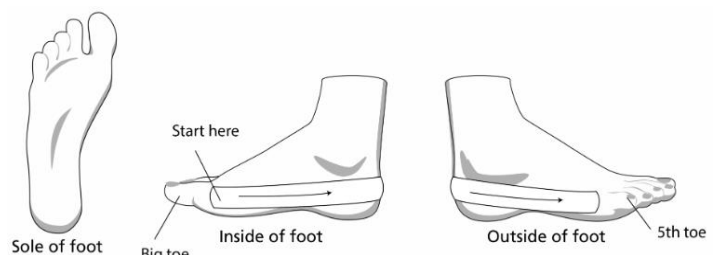
Yes, in some cases. Please monitor the skin around the tape for any redness or itching which may indicate a sensitivity. If this occurs, gently remove the tape and discontinue use. If you have a significant skin reaction, speak to your pharmacist or podiatrist for help.

## How to Apply the Tape

A video of this technique (with slightly different thicknesses of tape) can be seen here:

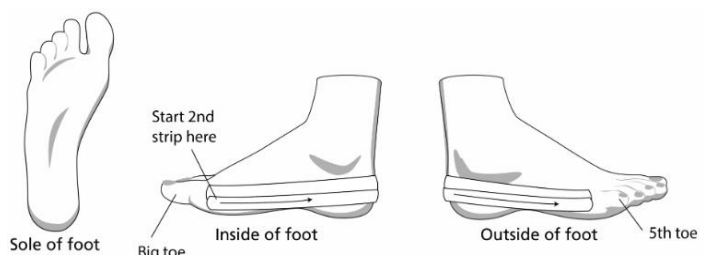
<https://www.youtube.com/watch?v=YFiV5xAWoWA>

- 1. Anchor strips:** Attach the first piece of tape to the inner part of your foot as shown in the diagram and take it around the back of the heel fixing it to the outer part of the foot.



Apply some tension on the tape to avoid wrinkling of the tape and to also ensure enough support for the plantar fascia tissue.

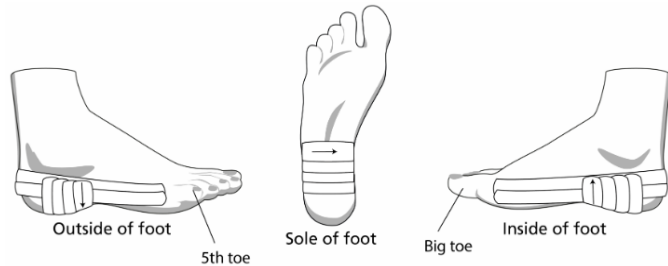
- 2. Anchor strips:** The second anchor strip is added by overlapping the first strip by about 50% with the first strip. A third anchor strip can be added if preferred.



- 3. Underside strips:** Start the underside strip tape just beneath the outer ankle bone, continue the tape across the centre of the underside of the heel, and finish it beneath the inner ankle bone.



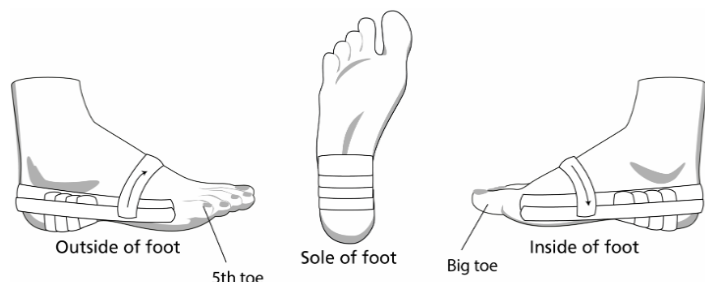
- 4. Underside strips:** The second underside tape overlaps the first tape by half. Apply two more tapes in the same manner and ensure the last strip is no higher than the middle the foot as in the diagram.



- 5. Locking strip:** Start the locking strip tape from the outer border of the foot, take it around the back of the heel and finish the tape on the inner border of the foot. You may bend your big toe upwards at the same time for better arch support.



- 6. Securing tape:** The final strip of tape can be placed across the midfoot as shown in the diagram. Do not encircle the whole foot, as this will be too tight.



If you have any questions about the information in this leaflet, please contact Podiatry Services. Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website: [www.livewellsouthwest.co.uk/project/podiatry](http://www.livewellsouthwest.co.uk/project/podiatry)

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