

Taping the Foot

Step 1.

Put the foot in the arch position as you were shown. Apply the strips as in the figure, pulling more pressure into the big toe side. Start at the ball of the foot, working to cover the front part of the heel.

Step 2.

On the outside of the foot, anchor the one inch tape as shown in figure 2. Bring the tape around the heel and then cross the bottom of the foot down to the tape edge at the fifth toe, as in figure 3. REPEAT THIS THREE TIMES.

Step 3.

Repeat step one remembering to keep the foot in the arched position.

Step 4.

Using the remaining strips, cover the edges of the tape so they do not fray.

Note: The tape is changed daily. If tape irritation develops, **STOP** taping and call.

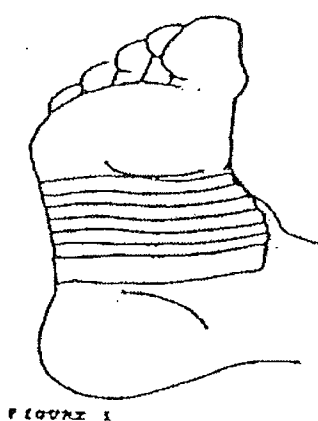


FIGURE 1

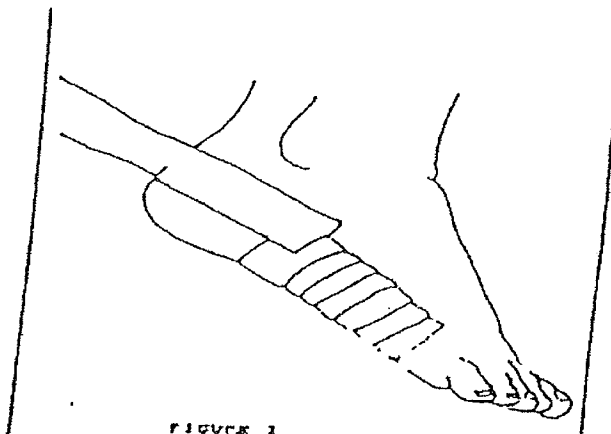


FIGURE 2

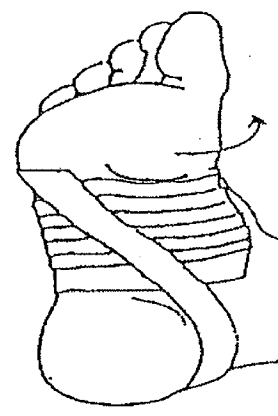


FIGURE 3

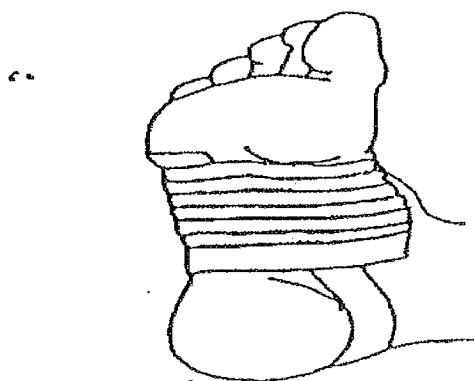


FIGURE 4

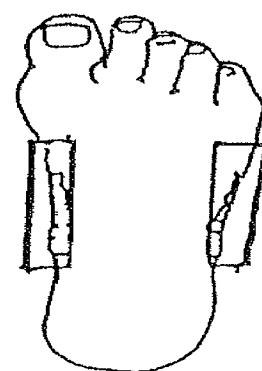


FIGURE 5