

## Plantar Fasciitis Taping

You will need 1.5 inch Leukotape or similar sports tape

- Apply one strip starting just behind the 5<sup>th</sup> metatarsal head and coming around the back of the heel to just behind the 1<sup>st</sup> metatarsal head (outside of the foot to inside). Tension should be applied along the inside of the foot.
- Apply 3 strips across the bottom of the arch. Start just behind the ball of the foot. Continue the next 2 toward the heel, overlapping by 50%. Tension should be applied up and back towards the heel.
- Apply one last strip around the foot overlapping the first by 50%. Tension should be down and toward the toes.
  - If done properly, the plantar fascia will be supported and the fatty pad of the heel will be “plumped up”
  - The taping should last 1-2 days if you keep it dry by covering it while showering and drying with a cool hair drying setting or patting dry if it gets wet.



Fig. 1



Fig. 2

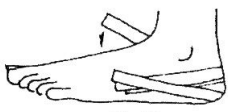


Fig. 3

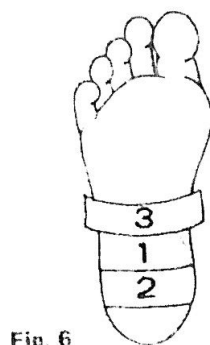


Fig. 6

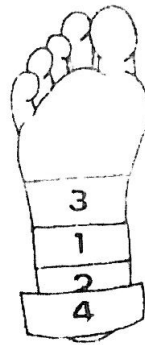


Fig. 7



Fig. 8

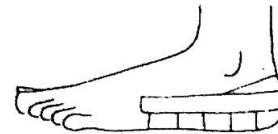


Fig. 9

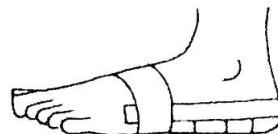


Fig. 10