

Low Dye Arch Taping

PURPOSE: To support the longitudinal arch of the foot.

Supplies:

- QDA tape adherent
- 1 1/2" Coach Tape
- 1" Coach Tape
- 2" Elastikon OR Pre-wrap for friction barrier



Step #1

Spray the area lightly with tape adherent.

Step #2

Using 1 1/2" tape apply an anchor across the bottom of the metatarsal heads (do not close the top). Apply a friction barrier on the back of the heel using pre-wrap or 2" Elastikon.

Step #3

Using 1" Coach Tape, begin at the big toe and follow the inside of the foot around the heel and end on the anchor at the head of the 1st metatarsal. The second strip begins at the pinky toe and follows the outside of the foot around the heel and ends at the anchor of the 5th metatarsal. These strips resemble a tear drop. Alternate between the direction of the first and the second piece creating a fan on the bottom of the foot. Do 2 more pieces in each direction (6 total pieces). Overlap each strip 1/2 the tape width.



Step #4

Using 1 1/2" Coach tape, begin at the heel apply strips pulling from the outside edge of the foot toward the inside edge. Overlap each piece by 1/2 the tape width. Last strip should lay over original anchor. Then loosely apply 1 1/2" strips across the top of the foot.

If you have any questions regarding your taping, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist _____ Ext: _____

HOME EXERCISE PROGRAM