

**METHODIST SPORTS MEDICINE—THE ORTHOPEDIC SPECIALISTS**

# Turf Toe Taping

**PURPOSE:** To support 1st MP joint and limit end range flexion, extension, and adduction.

- Supplies:
- QDA tape adherent
  - 1 1/2" Coach Tape
  - 1" Coach Tape



**Step #1**  
Spray the area lightly with tape adherent.

**Step #2**  
Using 1" white tape place an anchor around the great toe. Using 1 1/2" tape place anchor around mid-foot.

**Step #3**  
Using 1" white tape tear a piece long enough to wrap in the direction of the arrows to meet the anchor strips. Place middle of the tape on the inside of the big toe. Cross the ends on the outside edge of the big toe finishing with one edge at top of foot and other on bottom of the foot. Do 3 pieces pulling the great toe into slight flexion.



**Step #5**  
Apply anchors, same as in step #2 to hold down the tape.

**Step #4**  
Create a fan, beginning at the big toe and lay strips overlapping by 1/2" to foot anchor.

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**