

## LOW-DYE TAPING

Low-Dye taping is designed to off-load the plantar fascia. It is a short term treatment and its off-loading effects vary from patient to patient. However, as a general rule leave the tape on for a maximum of 3 days, but some might find it needs to be replaced more frequently in order remain effective. **If at anytime the tape is uncomfortable, irritates, causes itching or pins and needles it should be removed immediately.**

The taping required is a 1 inch zinc oxide (rigid strapping), most chemist should stock it. Another place to access it is from [www.simplyfeet.co.uk](http://www.simplyfeet.co.uk), look under strapping and for Leukoplast (2.5cm), its costs approximately £2.70p per roll (which should last for 3-4 applications)

### How to apply the taping

1. The first taping is applied down the outer and inner border of the foot, repeat 3-4 times. Apply enough tension to avoid the tape wrinkling, it needs to be no tighter.
2. The second taping is applied across the underside of the foot-starting level with the ankle, apply the tape across the foot from the outside to the inside. Over lap the each strap slightly and keep going until just before reaching the ball of the foot.
3. The final taping is a securing tape-apply a piece of tape across the midfoot, at about where the second taping ends, apply across the top of the foot, but do not encircle the whole foot, as this will be too tight.
4. Initially the tape will feel slightly tight, but this should ease, if it feels uncomfortable at all-remove immediately.



Fig. 1



Fig. 2

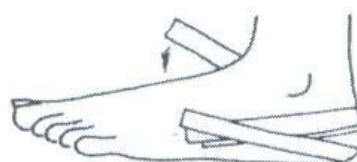


Fig. 3



Fig. 6

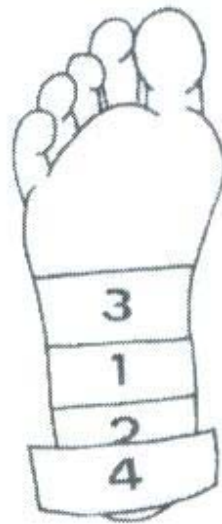


Fig. 7

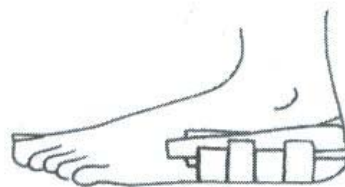


Fig. 8



Fig. 9

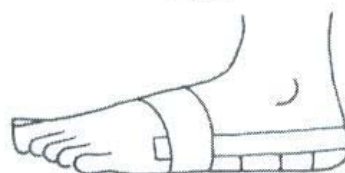


Fig. 10