

Premier Foot & Ankle Clinic

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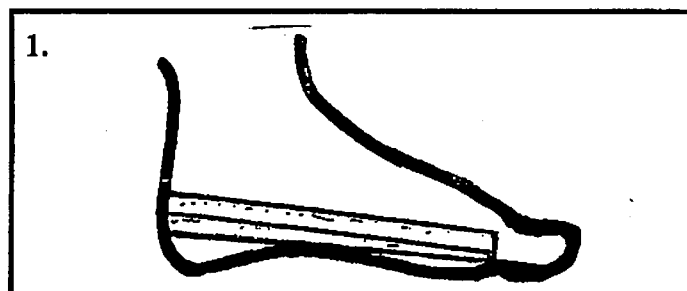
Board Certified, American College of Foot Surgeons

“Lo-Dye” Foot Strapping Taping Instructions

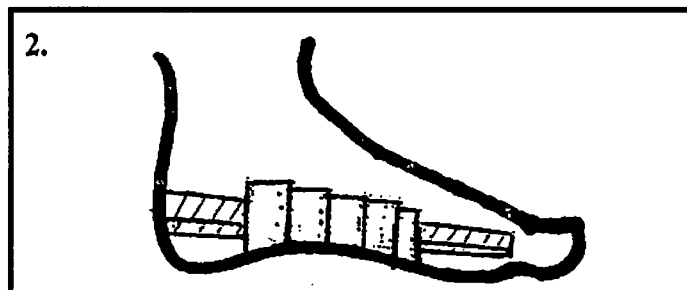
Material: 1 ½ Adhesive tape

Directions:

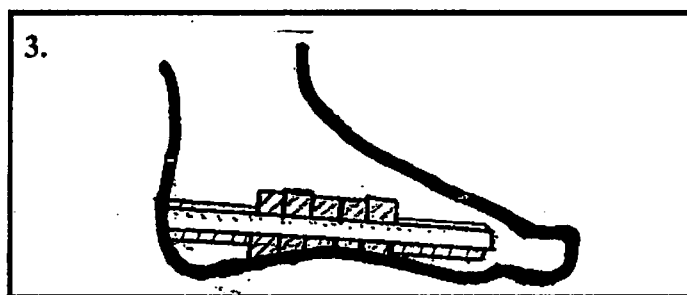
Step 1: Apply two strips of tape from from the fifth metatarsal phalangeal joint, around the heel to the first metatarsal Phalangeal Joint.
As Illustrated in box 1



Step 2: Apply five strips of tape across the Plantar aspect of the arch, wrapping the tape medially and laterally up onto the dorsal surface of the foot.
As illustrated in box 2



Step 3. Apply 1 strip of tape from from the fifth metatarsal phalangeal joint, around the heel to the first metatarsal phalangeal Joint
As illustrated in box 3



Step 4 Apply 1 strip across the top surface of the foot, connecting the medial and lateral strappings. Place another single strip of tape across the bottom surface of the foot.
As illustrated in box 4

