



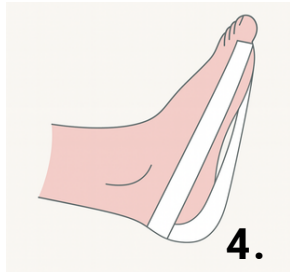
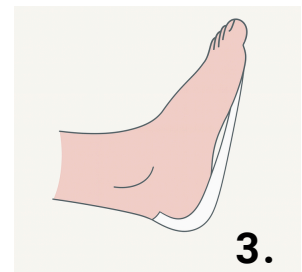
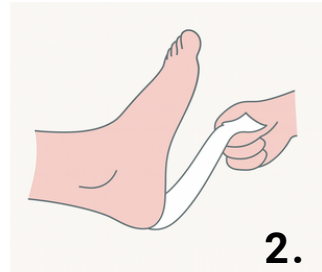
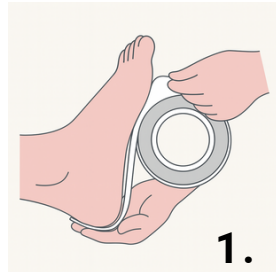
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Taping Guide - Plantar Fasciitis



Moleskin Tape wide roll

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Sports Tape 5cm width

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3.8 cm adhesive tape

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For: Relief from plantar heel pain (Plantar Fasciitis)

Purpose: To reduce strain on the plantar fascia and provide arch support during daily activities.


What You'll Need:

- Moleskin or soft adhesive felt (approx. 7.5 cm wide)
- Elastic tape (approx. 5 cm wide)
- Adhesive sports tape (approx. 3.8 cm wide)
- Scissors

Before You Start:

Sit comfortably and rest your foot so it's relaxed and gently pointing downward – your ankle should not be pulled up toward your shin. This slight downward tilt (called plantarflexion) helps take strain off the plantar fascia as the tape is applied.

Step-by-Step Guide:

Step 1: Apply the Base Felt Strip: Cut a strip of moleskin or adhesive felt. With the ankle gently pointed downward (plantarflexed), anchor the strip just behind the heel and stretch it forward under the foot toward the ball (just before the toes).  **Tip:** Snip a small "V" on each side where the felt crosses the heel to prevent bunching.

Step 2: Secure the Felt Strip Down: Once the correct tension is applied, press the felt firmly onto the foot. Smooth out any creases, ensuring the heel contour is well-covered and the strip runs flat beneath the arch.

Step 3: Add the Anchor Strap: Take the 3.8 cm adhesive sports tape and apply a strap starting on the inside of the foot (near the big toe), loop it around the heel, and finish on the outside (near the little toe). This helps support the arch and stabilise the felt.

Step 4: Apply the Elastic Midfoot Wrap: Wrap the 5 cm elastic tape around the midfoot. Begin on the top of the foot, go down the outer side, under the sole, and back up to meet where you started. Slightly overlap the ends.

Step 5: Lock It In: Finish with a final strip of adhesive tape to gently seal everything in place. The taping should feel supportive but still allow comfortable movement.

Top Tips:

- Leave the tape on for up to 24–48 hours if comfortable and dry.
- Avoid getting the tape wet.
- Remove if you notice redness, itching, or irritation.