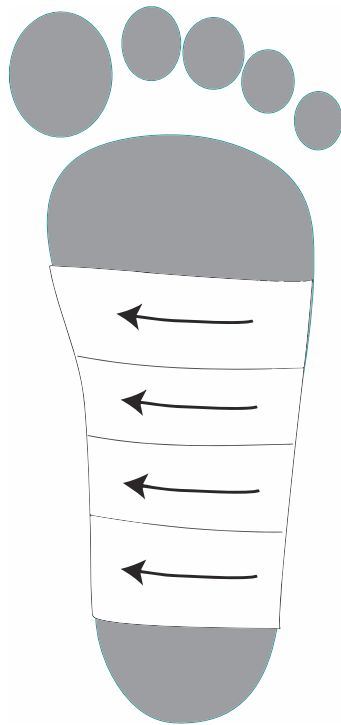




wellbeing | fitness | performance



# LOW DYE STRAPPING



READ THIS FOR INFORMATION ABOUT TAPING AND  
BOOK WITH OUR **MHEALTH PODIATRIST** TODAY!

## What is the strapping for?

Strapping or taping has a number of uses. Many structures are injured by repeated overstretching. The tape prevents this by restricting movement and it makes the muscles work differently in reaction to pulling on the skin.

## What will you need?

You will need a roll of 2.5cm wide zinc oxide plaster and 10cm wide Mefix tape. These are available at your local chemist

## Is this treatment suitable for you?

If you know you are allergic to certain sticking plaster, please warn our mhealth podiatrist before they attempt to use it. If you come out in a rash or experience itchiness, remove the plaster immediately.

If you have fragile skin, rashes, skin ulcers or swollen legs this treatment may not be suitable.

## When do you apply the strapping?

The strapping will have an effect for up to 3 days. When you are going to change it, take it off at night and reapply it in the morning to give the skin chance to recover.

When removing the tape, pull it off slowly. If it is difficult to remove soak your foot in water for 10 minutes.

The strapping will become less effective and unhygienic if it becomes wet. You can purchase a waterproof, use a plastic bag or glove to avoid this.

### ▶ **STEP 1**

Your foot needs to be at 90° to your leg (not pointed up or down) and slightly twisted in. Cover the top of your arch with the Mefix tape. If you have a slight allergy, use it to cover all the skin the zinc oxide plaster will come into contact with. If your allergy is severe, don't use this method.

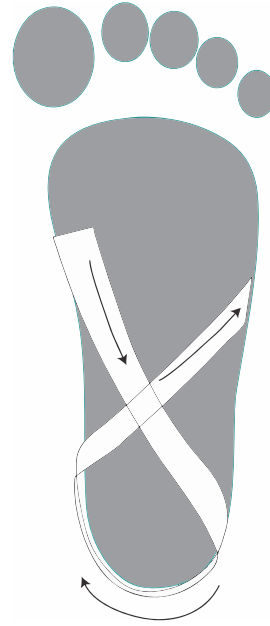


## ▶ **STEP 2**

Now use the zinc oxide plaster. It is easier to stop the tape twisting over if you keep it on its tube and unroll it as you go along rather than cutting off a strip.

Apply the tape from under the ball of the big toe. Pull the tape diagonally across the foot, round the heel and up onto the outer side of the foot, under the ball of the little toe to mimic a figure of eight.

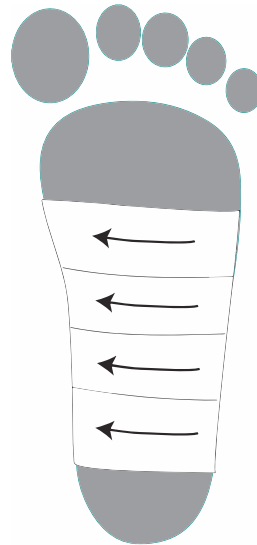
Repeat again.



## ▶ **STEP 3**

Apply strips of zinc oxide tape under the foot. Start at the middle of the heel, pulling from the outside of the foot to the inside.

Overlap the tape by 2-3mm. Continue the strips up to the ball of the foot.



## ▶ **STEP 4**

Finish with a strip of zinc oxide tape around the side of the foot from the base of the little toe

