

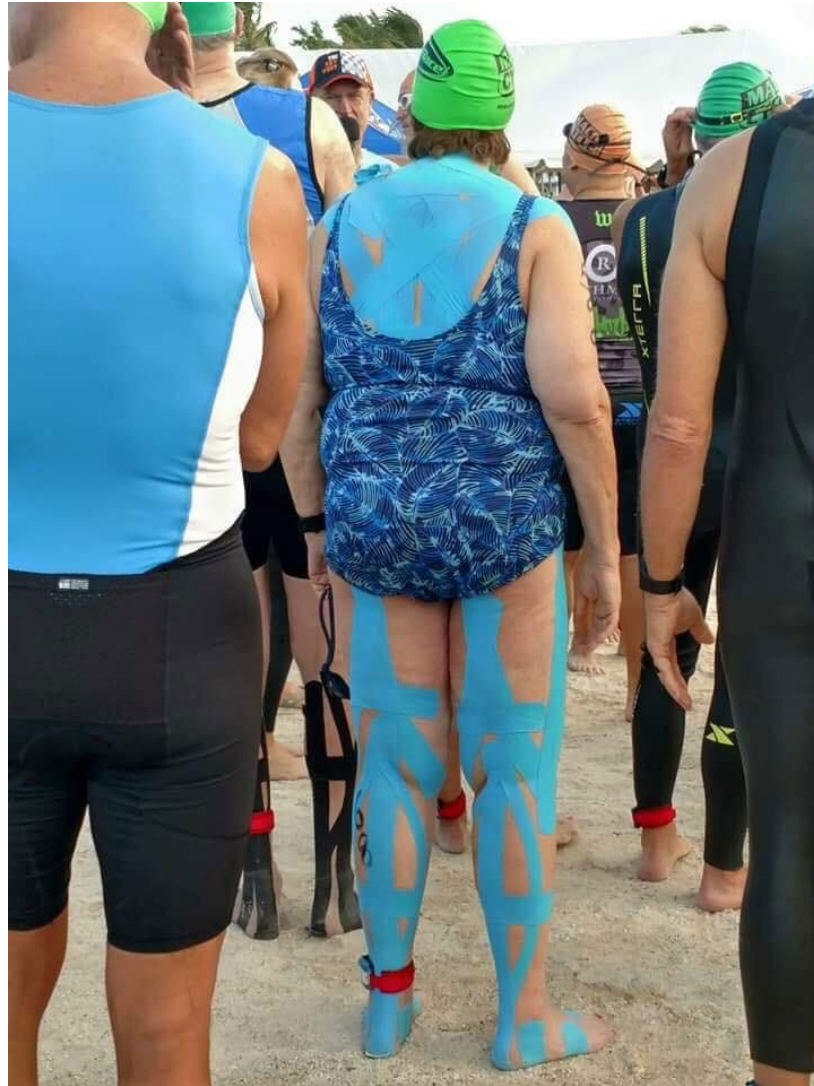


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Lower limb taping techniques



University for the Common Good



# Aims :

- When?
- What?
- How?



# When?

- Acute injury & Chronic symptoms
- For exercise and rehab programmes – proprioceptive programmes
- To reduce unwanted movement and/or prevent further injury
- Facilitate healing by off loading injured structures
- Preventative/protection of vulnerable or uninjured structures
- Switch “on” or “off” muscles – K-tape



# What? Types of Tape

- Elastic Adhesive bandage: EAB
  - Compress and support soft tissue
  - Hold pads etc in place
  - Can be used as anchor straps
- Non stretch adhesive tape:
  - Limits/blocks movement
  - Supports ligaments and joints
  - Enhance proprioception
- Hypoallergenic Tapes
- Cohesive bandages
- Underwrap

# How

## Application:

- Ensure skin is clean and dry and free from oils
- Shave
- Cover open lesions
- Use adhesive spray
- Underwrap particularly for repeated use or sensitive skin
- Ensure patient is not allergic

# Rules of taping:

- Tape in the position in which joint must be stabilized
- Overlap the tape by half
- Avoid continuous taping
- Keep tape roll in hand whenever possible
- Smooth and mold tape as it is laid down on skin
- Allow tape to follow contours of the skin
- Start taping with an anchor piece and finish by applying a locking strip
- Where maximum support is desired, tape directly to the skin
- Do not apply tape if skin is hot or cold from treatments

# Additional Taping Information

## Removing adhesive tape

- Removable by hand
  - Always pull tape in direct line with body (one hand pulls tape while other hand presses skin in opposite direction)
- Aid of tape scissors and cutters may be required
  - Be sure not to aggravate injured area with cutting device
- Also removable with chemical solvents



# Avoid!

- Gaps or creases – may cause blistering
- Continuous taping for long term use ie. More than 2 hrs
- Excessive traction on skin – may cause blistering and breakdown
- Too tight particularly over bony areas – use padding



# Taping Supplies

- Razor (hair removal)
- Soap (skin cleaning)
- Alcohol (oil removal)
- Adhesive spray
- Prewrap material
- Heel and lace pads
- White non-elastic tape
- Elastic Adhesive Bandage
- Felt and foam padding material
- Tape scissors
- Tape cutters
- Elastic bandages

# Taping techniques - practical



Plantar plate



1<sup>st</sup> MTPJ



Plantar heel pain



Achilles Tendon

# Taping techniques cont.

**Stirrup strapping**



**Ankle lock**



# References

- Landorf et al (2005) Effectiveness of low-dye taping for the short-term management of plantar fasciitis. Jr Am Podiatric Association. Vol 95(6)
- Garcia-Gomariz et al (2024). Effects of Kinesiotape versus Low-Dye Tape on Pain and Comfort Measures in Patients with Plantar Fasciitis: A Randomized Clinical Trial. Life. Vol 14(2)