

Kinesiology Taping

Foot Discomfort



This is effective taping if you have foot discomfort in your arch or heel.

- Apply a piece of tape cut in strips length wise so it looks like the blue tape. Leave 1-2 inches at the top uncut.
- A solid piece of tape may be used instead of the strips. See lower photo.
- Place another piece (pink below) across your arch
- There should be a 25-50% stretch on the middle part of the tape and NO stretch on the ends.

Consult your health care provider prior to use for conditions including:

- *Heart failure*
- *Severe Kidney disease*
- *Cancer*
- *Uncontrolled diabetes and neuropathy*
- *Skin conditions: allergies/sensitive or thin skin*
- *Blood clots, clotting disorders, or hemophilia*
- *Open wounds*
- *Lymph node disorders*