

PERFORMANCE MEETS SCIENCE™



Tape

PLANTAR FACIITIS



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1

Bring toes toward shin.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip

2



Anchor full-strip above ankle with enough length to reach opposite side of foot.

3



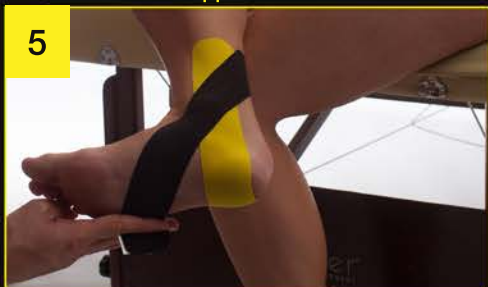
Apply with 90% stretch over arch and to opposite side of foot.

4



Lay end down on opposite side of foot with no stretch.

5



Repeat steps 2-4 with second full-strip anchored behind first strip at sharper angle.

6



Anchor full strip below big toe.

7



Apply full strip to heel with 50% stretch.

8



Rub application well to securely fix all edges to skin.

9



Push tape straight to arch.

10



Rub application well to securely fix all edges to skin.

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