

Arch of the foot

Tape application for calcaneal spur or plantar fasciitis

Application technique:

Pure ligament technique (up to 100 % stretch).

Direction of application:

From the metatarsals toward the direction of the calcaneus.

Starting position:

The patient is accommodated in the prone position with bending at the knee. The foot is held in dorsal extension, which tenses the arch of the foot.



Figure 1: The base of the tape is fixated against the metatarsal area of the foot. The first strip runs along the midline over the arch of the foot. Caution: Ensure that no creases or folds develop in the tape near the heel.



Figure 2: The second strip is applied using the same technique. Base: ball of the foot, at the base of the great toe. **Direction of application:** under tension from medial laterally toward the heel.



Figure 3: Course of the tape from the ball of the smallest toe to the medial heel.



Figure 4: The three strips of tape cross each other near the heel and at the origin of the plantar aponeurosis (*).