Plantar fascitis taping
Information for service users and carers
Plantar fasciitis taping is often used to alleviate stress on the plantar fascia ligament since it limits the movement of the fascia. Plantar fasciitis taping thus can relieve some pain and inflammation associated with plantar fasciitis.

Zinc oxide tape can be found in some chemists and sports shops, but is more widely available on the internet as it is quite specialised. Taping is widely used among athletes and can ease some of the tension and stress placed on the plantar fascia ligament by limiting the amount of stretching it does during activity, therefore keeping it from stretching excessively, which could result in tears in the fascia fibres.

Taping for Plantar fasciitis is a relatively simple method used to help ease pain associated with the condition. Zinc oxide tape can be applied in the morning to reduce strain throughout the day, or just prior to exercise to keep the fascia from moving too much during physical activity. To help the tape stick, the feet should be cleaned with a non-moisturizing soap. In addition, feet should be kept dry.
The success of plantar fasciitis taping may vary depending on the person and on the severity of their individual case of plantar fasciitis. Some times taping will not reduce pain. In other cases taping may decrease symptoms of plantar fasciitis, however it will not be able to completely heal and reverse the condition.

To maximise the amount of relief that can be achieved through plantar fasciitis taping, it is recommended that this treatment be used in two ways. First, this method can be used to help prevent the plantar fascia ligament from becoming over stretched during any physical activity such as running by simply preventing future occurrences of plantar fasciitis. For those who may currently be suffering from plantar fasciitis, taping would be most effective when used in combination with other treatment devices that not only are intended to relieve some symptoms in the short term, but also are effective in repairing the condition.

**Plantar fasciitis taping methods:**

Below is a suggested method to apply plantar fasciitis taping. With this technique, the plantar fascia is supported and its movement becomes limited, letting it rest while still allowing for overall mobility of the foot.

1. Start by taping around the ball of the foot (metatarsal) area. Next, wrap another piece of tape around the heel and attach it to the tape around the ball of the foot.

2. Place a strip of tape around the metatarsal region and then cross the mid-foot diagonally before wrapping it around the heel and crossing the mid-foot again. This is going to make an X shape across the mid-foot and will be responsible for giving support to the plantar fascia. You need to make this wrap about three times to ensure it will hold up and create a strong support.
3. Finish the taping by applying tape horizontally across the foot to cover the previous strips. When this is finished, the bottom (plantar) surface of the foot should be almost entirely covered from the metatarsal region to the heel. This will add the support necessary to allow the fascia ligament to rest.

What type of tape is used and can it cause irritation?

The adhesive tape used is zinc oxide tape (trade name Strappel) It is very sticky and can cause irritation. Allergic reactions are rare but however can occur due to the zinc oxide compound.

If you experience any sort of irritation or redness remove the strapping immediately. If necessary contact A & E IN EXTREME REACTIONS.

You may find the strapping uncomfortable to remove, so you could try having a bath or shower before you take it off.
How long do I keep it on for?
If you find it helpful and not experiencing any reactions leave it on for 3-5 days.

Can I get it wet?
Some people keep it dry when taking a bath or shower, other people get it wet and then let it dry out. It will stay in place longer if kept dry.

If you have any problems please ask your podiatrist.

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