

## Plantar fasciitis 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.

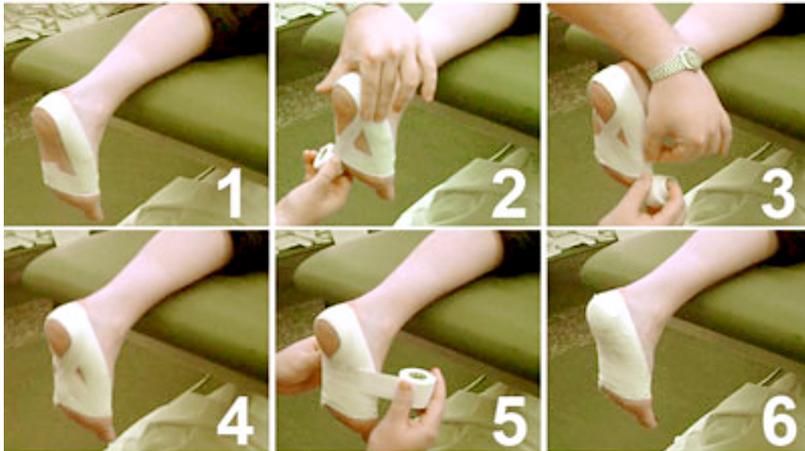
To maximise the amount of relief that can be achieved through plantar fasciitis taping, it is recommended that this treatment be used in two ways. First, this method can be used to help prevent the plantar fascia ligament from becoming over stretched during any physical activity such as running by simply 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.

Doncaster Community Healthcare

Podiatry Services

Biomechanics Department

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If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

#### Amharic

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#### Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الإتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

#### Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজন্স সার্ভিসের সাথে যোগাযোগ করবেন।

#### Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)，电话号码：0800 015 4334。

#### Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

#### Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، یا خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

#### French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

#### Kurdish Sorani

ئەگەر تۆم زانیاریاتە بە چاڵی گەورە، برائیل یان لەسەر شریتی دەنگی دەخوایزیت یاخود نەم بەلگەنامەیە بە زمانێکی دیکی دەخوایزیت، تکایە بەیوهندی بکە بە خزمەتگوزاری زینمایی و هاوناھەنگی نەخۆشەو بە ژمارە 0800 015 4334.

#### Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

#### Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਝਾਏ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

#### Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

#### Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

#### Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیسٹ ایڈوائس اینڈ لیاؤن سروس سے 0800 015 4334 پر رابطہ کریں۔

#### Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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