

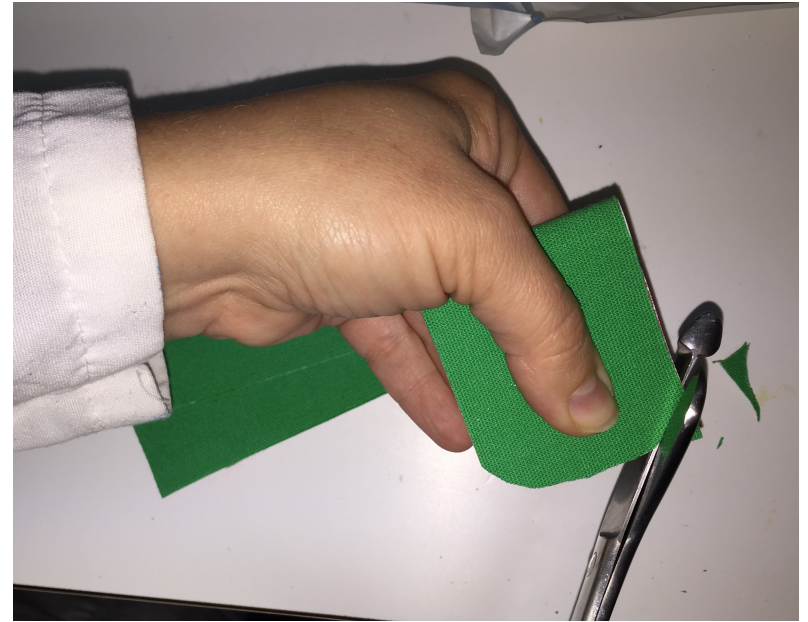
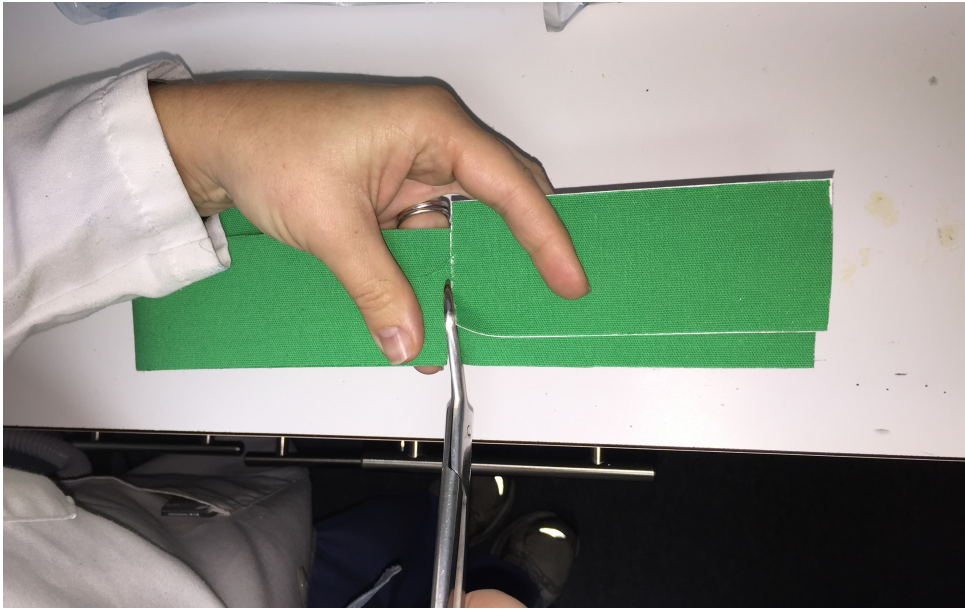
Rock Tape for Plantar Fasciitis

-Kristine Nemes, D.P.M.-



Measure Tape

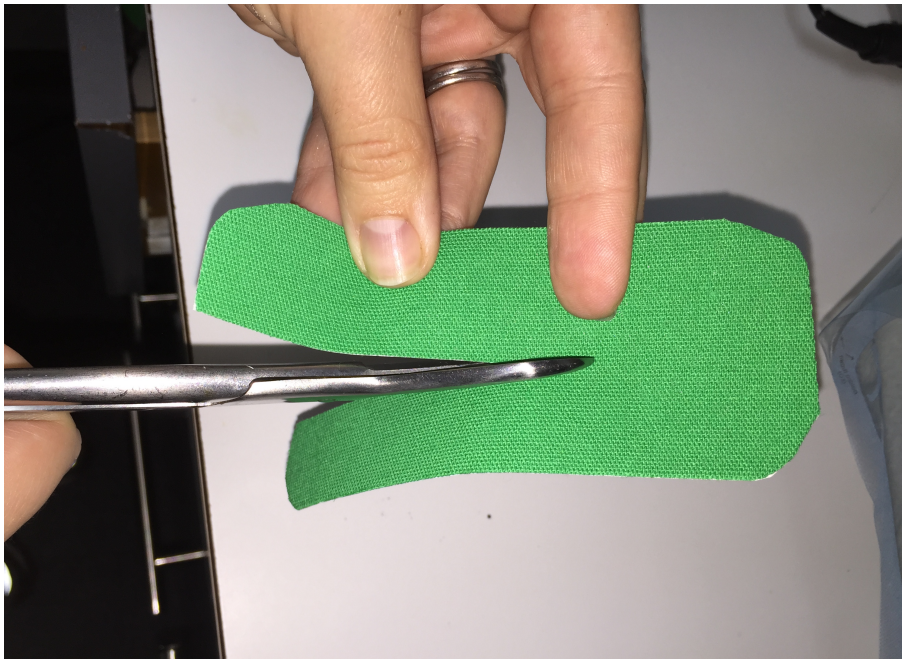
Tape length should go from just behind the ball of the foot (1st metatarsal head) to the start of the heel.



Cut Tape

Cut 4-5 pieces depending on the length of the foot.

Round the corners to prevent socks from ripping the tape up and to lengthen the life of the tape.



Cut 1 strip in half 2/3 length

This will be the first strip you apply to the foot.



Rip the backing of the first strip where the longitudinal cut ends

Do not touch the adhesive, as this will weaken it.
Hold onto the tape by the backing when applying
the tape.



Apply First Strip

Lay down anchor of tape on the heel.

Stretch the strip 50-80% and adhere to the inside portion of the arch.

Lay down the anchor on the 1st metatarsal head (ball of foot behind big toe).

Repeat with the portion of tape on the outside of the arch making a V with the strip (remember to stretch the tape between anchors!).



Apply Perpendicular Strips

Rip the backing paper in half and hold onto the backing on either side.

Stretch the tape 50-80%.

Apply just under the ankle bones.

Lay down the anchors with no stretch on either side of the foot while peeling the tape off.



Apply Remainder of Strips

Overlap strips by 50%.

End just before the ball of the foot.

Rub the tape into the skin. The heat you create will help the tape adhere to the skin.



Reapply as needed

Your tape should last 3-5 days.

If it bothers you, take it off at any time.

Remove it when it starts to pull off.

You can bathe with it on, just pat it dry and avoid soaking it.

Do not apply over any rashes or open wounds on the skin.