

Plantar Fascia Taping

Plantar fascia taping is a common way to help relieve the symptoms of plantar fasciitis. Plantar fascia taping is widely used to add support and reduce stress on the plantar fascia ligament as both a way to relieve pain from plantar fasciitis, as well as a preventative measure against that and other heel pain ailments. This type of athletic tape is available at many different sporting goods and drug stores across the country and is used by a wide range of people who may be suffering from plantar fasciitis, or are looking to prevent injury to the plantar fascia as a result of exercise or other stressful physical activity.

Plantar fascia taping is a good way to stabilize the fascia ligament. When the foot is taped properly, the fascia's movement becomes limited. Often times, athletes may tape their feet during certain times to help prevent strain during exercise. By limiting the fascia's movement, it becomes a way to keep the ligament from moving abnormally or stretching excessively and thus preventing tears from developing in the tissue.

When using plantar fascia taping, it is important to keep the feet dry and clean. When washing the feet, avoid using a moisturizing soap to allow the tape to stick better to the surface. In addition, taping should not be left on the foot all day and all night. Instead, remove the tape at times to allow the skin to breathe. You can apply taping in the morning to give the feet support throughout the day, or apply it prior to exercise to keep it from stretching excessively.

Plantar fascia taping has varied success in treating heel pain. In some cases, taping can reduce pain that may be linked to plantar fasciitis. However, in many other cases taping is not enough to treat heel pain ailments. Taping can often be more effective when used in addition to other treatment methods. When it is used to treat heel pain, taping is mainly a short term option which is why combining it with a device that can treat the symptoms in the long term is a better way to achieve positive results. Our proven treatments have a clinically proven record of reducing the symptoms of and completely reversing plantar fasciitis and other related conditions.

When used along with plantar fascia taping, our proven heel pads and heel seats can significantly reduce the negative and painful effects of plantar fasciitis. Through added support, and applying acupressure to key areas along the foot, our treatments can also add strength and flexibility to the foot to prevent bouts of related heel pain ailments in the long term.

Plantar Fascia Taping Method

Begin taping by placing anchor strips around the metatarsal region of the forefoot. After wrapping this area several times, use a strip to wrap from the metatarsal region near the big toe and place it around the heel before attaching at the origin behind the big toe. Next, wrap another strip around the heel, but this time starting closer to the smaller toes. Rewrap these areas several times to add support. The area should look like an X along the mid-foot region. Lastly, place additional strips laterally along the wrapped area of the foot to close up gaps and to reinforce the taped area.

