

Low dye Plantar Fascia taping

Information for patients

This leaflet provides information about low dye taping of the heel.

What is low dye taping?

Low dye taping is a technique used to reduce strain to the tissues on the sole of the foot and can be helpful for Planter Fasciitis (please see our separate information leaflet).

It is usually used as part of a treatment plan including footwear advice; foot orthoses, home exercise plan and can help provide short term relief in symptoms.

What are the risks?

The most common risk is an allergy to Elastoplast or zinc oxide tape. If you also suffer from loss of sensation, fragile skin, circulatory problems such as poor blood supply dermatological conditions such as eczema, psoriasis, skin ulcers or swollen legs then this treatment may not be suitable for you and can be further discussed with your podiatrist. If the tape causes irritation, itching, feels uncomfortable or causes pins and needles then the tape should be removed immediately.

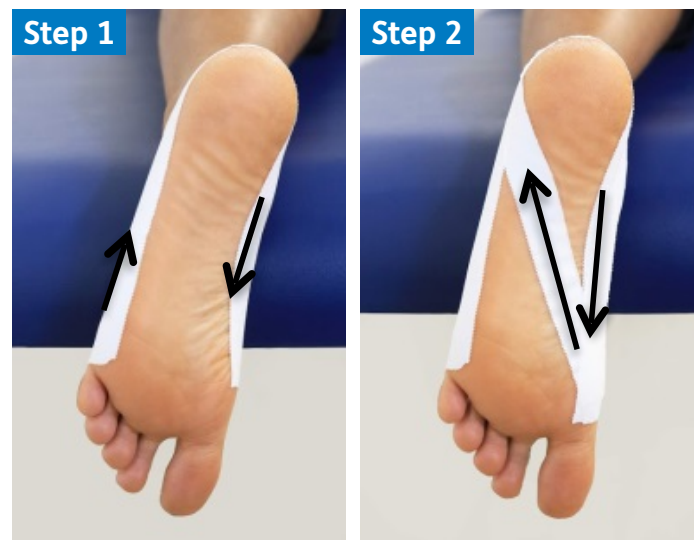
What will I need?

You will require a 1.5cm and 2.5cm wide zinc oxide tape also known as leukoplast or strappal. These can be purchased from your local pharmacy or online.

How to apply?

Step 1:

Cut a piece of 1.5cm tape to approximately twice the length of your foot. Start by applying tape around the outer border of the foot, by applying it from the outside of your little toe taking the tape over the back of the heel to the inside part of your big toe. It helps if you keep your big toe extended (flexed upwards) when you do this.



Step 2:

Cut a piece of 1.5cm tape to approximately twice the length of your foot. Start by placing one strip on the bottom of the big toe and then take it across the arch around the back of the heel and back to the first toe, finishing roughly where you started. It helps if you keep your big toe extended (flexed upwards) when you do this.

Step 3:

Cut a piece of 1.5cm tape to approximately twice the length of your foot. Start by placing it on the bottom of the little toe and then take it across the arch around the back of the heel and back to the little toe, finishing where you started.

Step 4:

To secure the tape apply 3-4 2.5cm strips of tape across the arch overlapping them slightly starting at the heel and moving up to the ball of the foot.

How long would I leave it on and how do I remove it?

You can keep the tape on for up to 2-3 days so long as it is comfortable and helpful, though any longer than that and it won't be doing its job very well. You should aim to remove the tape after a bath or shower so that it comes off easily, the tape is intended to be very sticky and so please be sure to take care when removing it so that you don't damage your skin. If it is difficult or uncomfortable then you can soak your foot in warm water for a further 5-10 minutes.



Contact us

Bexley MSK Services Block B, 1st Floor, Orange Zone,
Queen Mary's Hospital, Sidcup DA14 6LT

Administrative Team: **020 8302 6330**

Email: oxl-tr.bexley-msk-physio@nhs.net

oxleas.nhs.uk

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