DISPLAY 22-5

Longitudinal Arch Strapping Technique

**Tape:** 1-inch athletic tape.

**Taping position:** Patient is supine on the treatment table, with his or her foot over the edge.

**Taping technique:** Place two anchor strips circumferentially just proximal to the metatarsal heads (apply lightly). Begin the first diagonal strip of tape on the medial side of the foot, just proximal to the head of the first metatarsal. Tape posteriorly and around the heel. Angle the tape under the foot, crossing the plantar surface, and return medially near the origin of this strip (A). Place the second diagonal strip of tape on the lateral side of the foot, just proximal to the head of the fifth metatarsal. Tape under the foot, around the heel, and up the lateral side toward the origin of this strip (B). Continue alternating strips in the same pattern until the “fan” is filled in (C). Tie down the entire procedure by placing plantar strips over the previous strips by starting on the dorsolateral aspect of the foot; continue under the arch, and finish on the dorsomedial aspect of the foot. Leave a gap on the top of the foot; bridge this by placing short strips of tape across the gap (D) and (E).

Each strip of tape should overlap the previous strip by approximately 1/4 inch.