

Foot Taping Guide

for Plantar Fasciitis

Low-Dye Taping Technique · Step-by-Step Instructions · Types of Tape · Skin Care

Core NHS Treatment: Daily foot taping is one of the three elements of the core 6-week programme recommended by NIHR Evidence (2021), based on a systematic review of 51 studies. It works alongside daily stretching exercises and footwear changes — all three are needed together.

Daily Apply fresh each morning	6 weeks Core programme duration	~5 mins To apply each morning
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How Taping Helps Plantar Fasciitis

Reduces load	Physically supports the plantar fascia and reduces the stretch at the heel attachment with every step you take.
Supports the arch	Prevents excessive inward rolling (pronation) which strains the fascia insertion at the heel.
Allows movement	Unlike a splint, tape allows normal walking while still protecting the fascia — making it practical for everyday use
Reduces pain	Clinical evidence shows that low-dye taping provides significant short-term pain relief and supports the healing p

Types of Tape Available in the UK

Type	Description	Best For	Where to Buy
Rigid Sports Tape (Zinc Oxide)	Firm, non-stretch tape. Provides strong support	Menstrual support, Studying jobs, Pharmacy	Pharmacies, sports shops, Amazon. ~£
Kinesiology Tape (KT Tape / RockTape)	Elastic, flexible tape. More comfortable for all-day	Active days, Burns, Sensitive skin	Pharmacies, online, Amazon
Foam Underwrap (Pre-wrap)	A thin foam layer applied under rigid tape to protect	Sensitive skin, Elderly users. Those	Pharmacies, medical supplies. £2.5

Important Before You Start

These instructions are for general guidance only.

An NHS physiotherapist or podiatrist can demonstrate the technique in person and adapt it for your specific foot type. If you have diabetes, circulatory conditions, skin fragility or a tape allergy — speak to your clinician first.

Source: NIHR Evidence 2021 | Royal Berkshire NHS Physiotherapy Department

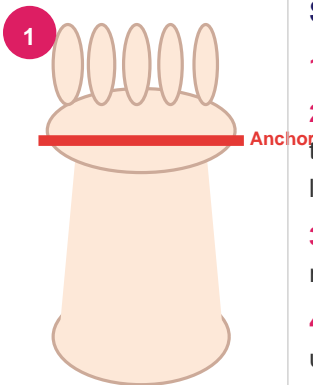
LOW-DYE TAPING: STEP-BY-STEP INSTRUCTIONS

The standard technique used by NHS physiotherapists and podiatrists.

The low-dye taping technique supports the plantar fascia and medial arch, reducing load at the heel attachment. It takes approximately 5 minutes to apply and should be done fresh each morning before putting on your shoes.

What You Need

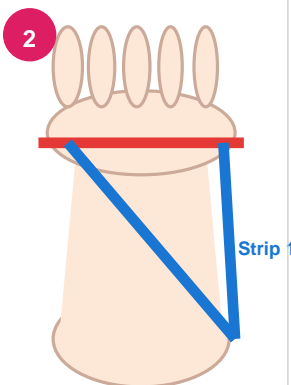
✓ Rigid sports tape (zinc oxide) or kinesiology tape	✓ Foam underwrap (optional — for sensitive skin)
✓ Scissors or tape cutter	✓ Clean, dry foot (no lotion)
✓ A chair to sit on	✓ 5 minutes



Step 1: Prepare Your Foot and Apply Underwrap

1. Wash and dry the foot thoroughly. Remove any nail varnish from toenails.
2. If using foam underwrap, start at the base of the toes and wrap smoothly around the foot and heel, covering the area where the tape will be applied. Overlap each layer by half.
3. The underwrap protects sensitive skin and makes the tape more comfortable to remove at the end of the day.
4. If your skin is not sensitive and you are using kinesiology tape you can skip the underwrap.

■ **Tip:** Apply the tape while your foot is in a neutral position — foot flat on the floor or ankle at 90 degrees. Do not apply with the foot pointed downward.



Step 2: Apply the Anchor Strip (Red Strip)

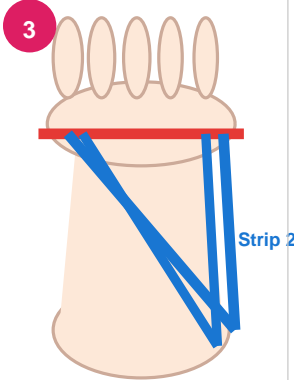
1. Tear or cut a strip of tape long enough to wrap around the ball of the foot from one side to the other.
2. Apply the anchor strip across the ball of the foot — at the widest point, just behind the toes.
3. The tape should go from the outer edge of the foot, across the sole, to the inner edge. Do not stretch it.
4. This is the anchor strip that all other strips will attach to. It must be secure and flat.

■ **Tip:** The anchor strip sits just below the toes across the widest part of the forefoot. If it bunches or creases, remove and reapply — it needs to be flat and smooth.

■ **Do not apply with excessive tension. The tape should lie flat with no skin puckering.**

STEPS 3 AND 4: HEEL STRIPS AND LOCKING STRIP

These strips create the arch support and secure the taping.

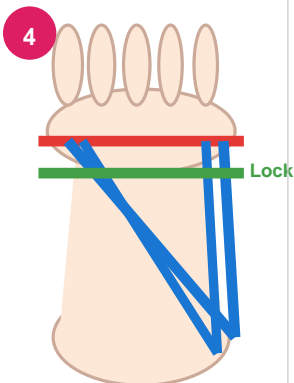


Step 3: Apply the First and Second Heel Strips (Blue Strips)

1. Cut two strips approximately 20–25cm long.
2. Starting at the anchor strip on the outer (little toe) side of the foot, pull the first strip firmly around and under the heel.
3. Apply slight upward tension as you bring the strip across the heel — this lifts the arch.
4. Attach the end of the strip to the anchor on the inner (big toe) side of the foot.
5. Apply the second strip in the same way, overlapping the first by about half its width.
6. Both strips should run across the underside of the heel from outer to inner edge.

■ **Tip:** The upward tension on these strips is what creates the arch support effect. Pull firmly as you pass under the heel but do not pull so hard that it restricts blood flow.

■ If you feel any tingling, numbness or notice the foot looks blue or pale, the tape is too tight. Remove immediately and reapply with less tension.



Step 4: Apply the Locking Strip (Green Strip)

1. Cut one final strip the same length as the anchor strip.
2. Apply this strip across the top of the heel strips, approximately 1cm above the anchor strip.
3. This locking strip secures the heel strips in place and prevents them from peeling or shifting during the day.
4. Press all edges down firmly — especially around the heel where the tape tends to lift first.
5. Run your hand firmly over the entire taping to activate the adhesive fully.
6. Stand up and check the tape feels supportive but comfortable — not tight or restricting.

■ **Tip:** Warm the tape with your hands for 30 seconds after applying. Body heat activates the adhesive and significantly improves how long the tape stays on.

■ You should be able to flex your ankle normally through its full range after taping. If ankle movement is restricted, the tape is too tight.

WEARING YOUR TAPE, SKIN CARE AND WHEN NOT TO TAPE

How to Wear Your Tape

When to apply	Each morning before putting on your shoes. Apply to a clean, dry foot.
How long to wear	Throughout the day. Remove in the evening before showering or bathing.
After showering	Do not reapply the same tape. Apply fresh tape the following morning.
How many days	Every day for the full 6-week core programme. Do not skip days — consistency is key.
After the 6 weeks	Taper off gradually once other treatments are working. Many people continue a few days per week for maintenance.

Skin Care While Taping

Removing tape safely	Always peel tape back slowly — not quickly. Pull the skin away from the tape rather than the tape away from the skin.
Skin irritation	Some redness under the tape is normal. If the skin becomes broken, blistered or significantly inflamed — stop taping and seek medical advice.
Moisturising	Apply an unperfumed moisturiser to the foot each evening after removing the tape. Do not apply moisturiser to the tape.
Protecting sensitive skin	If you have sensitive skin, apply foam underwrap under the tape every time. A thin layer of cohesive bandage can also be used.

When NOT to Use Foot Tape

- Broken, cracked or open skin in the area where tape will be applied.
- Active skin conditions such as eczema, psoriasis or dermatitis on the foot.
- Known allergy to adhesive tape — use kinesiology tape as an alternative.
- Poor circulation or peripheral vascular disease — seek medical advice first.
- Diabetes with reduced sensation in the feet — speak to your GP or podiatrist.
- During pregnancy — taping is generally safe but check with your midwife first.
- If in any doubt, speak to your GP, physiotherapist or podiatrist before starting.

Check After Taping — Remove if Any of These Apply

- Tingling or numbness in the foot — tape is too tight.
- Foot looks pale, blue or mottled — tape is too tight, remove immediately.
- Pain or significant burning under the tape — check for skin reaction.
- You cannot flex your ankle through its normal range — tape is too tight.
- If in doubt, remove the tape and seek guidance from a physiotherapist.

QUICK REFERENCE — ALL 4 STEPS AT A GLANCE

Step	Action	Key Point
PREP	Clean, dry foot. Apply underwrap if needed.	No lotion. Foot in neutral position.
1	Anchor strip across the ball of the foot.	Outer to inner edge. No tension on this strip.
2	First heel strip — outer anchor to inner anchor.	Apply upward tension across the heel to lift the arch.
3	Second heel strip — overlapping the first by half.	Same direction and tension as Strip 1.
4	Locking strip 1cm above the anchor.	Secures everything. Warm with hands for 30 seconds.
✓	Stand up and check — supportive but not tight.	Full ankle movement must be possible.

6-Week Taping Tracker

Tick each day you apply fresh tape. Aim for every single day.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Days Taped	Notes
Week 1	■	■	■	■	■	■	■	/7	
Week 2	■	■	■	■	■	■	■	/7	
Week 3	■	■	■	■	■	■	■	/7	
Week 4	■	■	■	■	■	■	■	/7	
Week 5	■	■	■	■	■	■	■	/7	
Week 6	■	■	■	■	■	■	■	/7	

■ = not taped ✓ = taped | Goal: 7 out of 7 days every week for 6 weeks.

Remember: The Three-Part Core Programme

Taping works best as part of the full NIHR-recommended core programme.

1. Daily stretching exercises (plantar fascia stretch + calf stretches)
2. Daily foot taping (this guide)
3. Footwear education (supportive shoes, no barefoot on hard floors)

All three are needed together. Taping alone without exercises is less effective.

Clinical Sources

NIHR Evidence — Best Practice Guide for Plantar Heel Pain (2021) · NICE Clinical Knowledge Summary — Plantar Fasciitis (2020) · Royal Berkshire NHS Physiotherapy Department (July 2023) · Kingston and Richmond NHS Foundation Trust