

KT (kinesiotape) taping of the foot and ankle

KT taping of the foot and ankle can be a helpful solution to many foot and ankle conditions. It can be used for up to 3-4 days.



Here is a 3 minute video explaining the use of KT tape in general:

<https://www.youtube.com/watch?v=hX47dApoKO4>

Here are some video and written handouts for particular taping applications that we recommend.

Plantar fasciitis

Here is the video (left QR code) and pdf handout (right QR code) for this application:

https://www.youtube.com/watch?v=hzqY6E_oufM



Achilles Tendonitis

Here is the video (left QR code) and pdf handout (right QR code) for this application:

https://www.youtube.com/watch?v=T5NUbNkB_oA



Posterior Tibial Tendonitis

Here is the video for this application:

<https://www.youtube.com/watch?v=iPwY0h50juQ>



Peroneal Tendonitis

Here is the video (left QR code) and pdf handout (right QR code) for this application:

<https://www.youtube.com/watch?v=3RLzFK-Jm-4>



If you don't have a QR code scanner (smart phone) you can go to kttape.com to learn about these techniques. KT can be purchased online or at athletic or shoe stores.