

This information leaflet is aimed to guide you through Achilles tendon taping at home and it should be used together with the Achilles Tendinopathy guide already provided.

Taping alone is not sufficient to restore the changes that you have experienced with your Tendinopathy – it is used in combination with the exercises and other life style changes that have been advised for you.

Taping helps to take some of the load off your tendon when you are at your most active throughout the day. For home application we recommend a 5 cm **Kinesiology or K-Tape** that has some flexibility and allows movement. K - Tape usually comes on a roll or in pre-cut strips with rounded edges. See links below for availability and overleaf for application.



<https://www.amazon.co.uk/kinesiology-tape/s?k=kinesiology+tape>

<https://www.google.com/search?q=kinesiology+tape&safe=strict&rls=com.microsoft:en-GB:IE->

It is possible to apply the tape yourself but it is easier with a helper. Firstly prepare the skin area to be taped by removing any hair, clean skin thoroughly and dry completely – this allows for maximum adhesion of the tape. You can keep the tape in place for up to 5 days but generally it becomes less effective with use.

Note: Do not apply tape to broken or blistered skin.

Tape removal –gently peel back the edge of the tape supporting your skin as you go.

Achilles Tendinopathy Taping.

Requires: 2 strips of K-Tape & scissors.



1. Cut an appropriate length of tape and round the ends. Apply one end under your heel without stretching the tape. Keep your foot at a right angle to your leg and apply a 50% stretch to the tape and apply it over your Achilles tendon.



2. Anchor the top 3cm to your leg without stretching the tape.



3. Cut a second strip of tape and round the ends. With a 25% stretch, apply the middle of the tape over the most painful part of your tendon.



4. Anchor the ends of tape without stretch. Rub the tape with the backing paper to activate the adhesive in the tape.

Note: if your skin starts to itch or become sore remove the tape immediately.

This document is available in Welsh /Mae'r ddogfen hon ar gael yn Gymraeg