

Overview

We recommend a non-stretch 5cm Zinc Oxide support strapping designed to provide support, reduce movement and change the position of injured joints or soft tissues.

You can keep the strapping in place for up to 7 days and replace if necessary. It is a short term treatment, designed to help relieve pain in the foot and ankle whilst you continue to walk around. It can be used as a stand-alone treatment or in combination with existing treatments that you may already be using.

Keeping the strapping dry will help it to stay in place and there are products designed to help you do this quite easily. www.Limboproducts.co.uk

How Will I Know If I Am Allergic To The Tape?

If the skin around the taped area starts to itch this may be the first sign of an allergic reaction. If it does not settle within a few days, becomes red or blisters you may be allergic to the tape. If you develop an allergic skin reaction you should remove the tape immediately. The skin should be washed and patted dry.

Applying the Strapping

- Make sure the skin is dry and free of oils or creams. Only apply strapping on intact skin and never over sores, blisters or open areas.
- Try to use a moderate tension throughout so that the tape is supportive but not uncomfortable. Most Zinc Oxide is easy to tear width-ways or alternatively you can use a scissors to cut.
- Try to apply the tape smoothly without too many creases, this will make it more comfortable.



STEP 1

The anchor. Place a strip of tape from the base of the big toe around your heel and attach to the base of the little toe using moderate tension.



STEP 2

Using 2 smaller pieces of tape, start at the outside border of the foot and pass under the arch and attach to the inside border in a stirrup fashion. Use moderate tension and lap the 2nd piece halfway over the first.

STEP 3

Now using longer strips: start at the ball of the big toe - pulling tight - pass over the arch and fix at the back of the heel. Press each strip into the arch before proceeding to the next. Overlap your straps until the whole underside is covered.



STEP 4

As in step 2, use smaller overlapping stirrup straps from the outside to inside border of the foot. Repeat this until the tape reaches the ball of your foot.

STEP 5

This is the same as step 1. Use a long strip of tape to anchor down all the edges, from base of your big toe around your heel to base of your little one



STEP 6

Finally, add 1 further stirrup strap over the top of your last one as in step 4. This should sit behind the ball of your foot.



How Do I Remove The Tape?

Do not tear the tape off quickly as it can damage the skin. Carefully remove the tape, peeling it away from the front edge supporting your skin as you go, soaking the tape in warm soapy water can help.



If you have any questions or concerns about your support strapping, please speak to one of the musculoskeletal team by contacting the Podiatry department by phone on **01633 615225 option 1** or email risca.podiatry@wales.nhs.uk.

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