



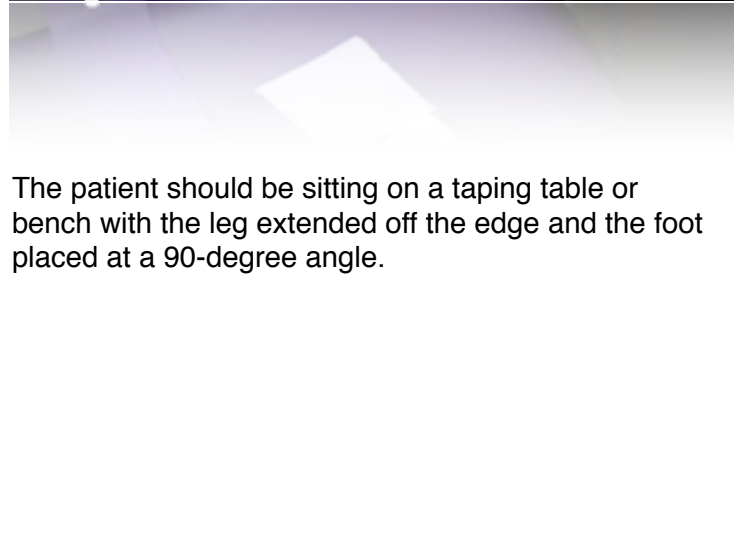
Low-Dye Taping Technique

The Low-Dye technique is commonly used in treating arch strains, plantar fasciitis, and lower leg conditions to provide moderate support and correct structural abnormalities.



Materials include: 1" and 1½" non-elastic tape, tape adherent

Options: Pre-wrap



The patient should be sitting on a taping table or bench with the leg extended off the edge and the foot placed at a 90-degree angle.



Anchor 1" tape directly to the skin over the lateral surface of the 5th MTP joint, continue around the heel, and finish on the medial surface of the 1st MTP joint.



Repeat this step, overlapping by half and staying inferior to the malleoli.

Anchor a strip of 1½” tape on the lateral aspect of the proximal foot, pull medially, and finish on the medial side. Repeat this process with 1½” tape 2-3 more times, overlapping by half the width of the tape, until you near the 1st MTP joint.



You can apply a second layer of support if desired.

Finish by applying an anchor strip of 1½” non-elastic tape (2” elastic tape optional) around the foot.

