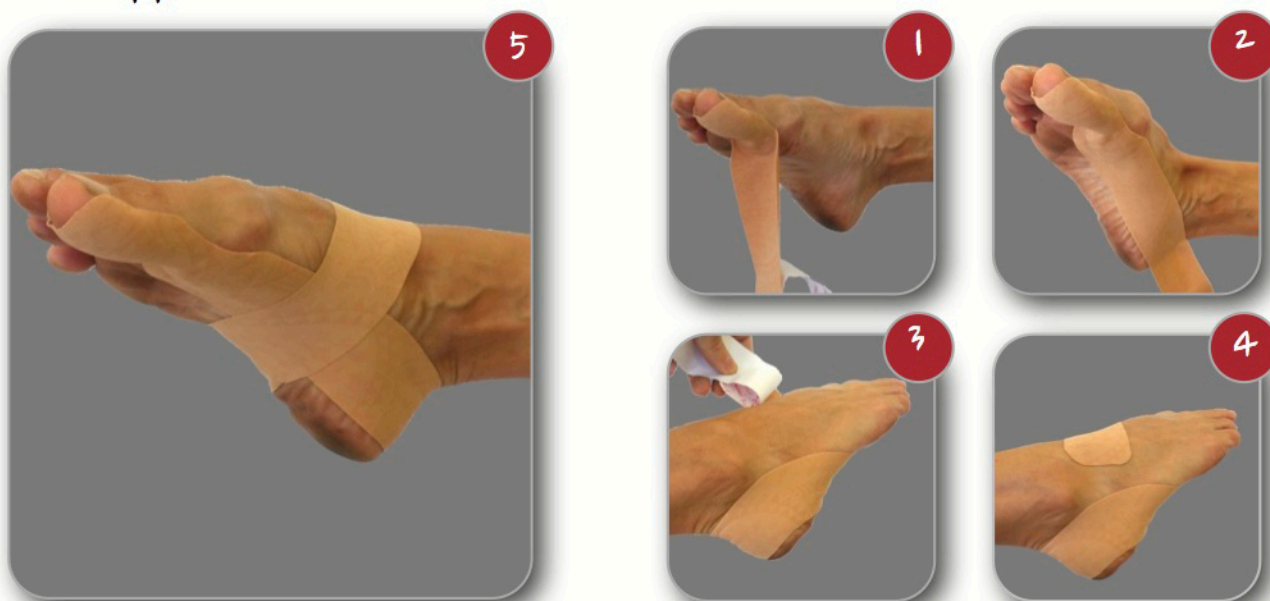


Arch Support



Tape: Dynamic Tape 5cm (2") - PowerBand often useful
Dynamic Tape 7.5cm (3") - for cover strip if required (not shown)

Position: Ankle plantar flexion, inversion, forefoot adduction, calcaneal varus, great toe flexion

Actions: Creates a windlass effect to shorten foot, raise transversal tarsal joint, support the medial longitudinal arch and reduce load through the plantar fascia
Decelerates the navicular drop and actively resupinates the foot.
Resists calcaneal valgus

Indications: Any condition where reduced or decelerated navicular drop is desirable and indicated
Examples include but are not limited to plantar fasciitis, hallux valgus, 'shin splints', patellofemoral dysfunction, achilles tendinopathy, ITB 'friction' syndrome

This technique is often performed in association with other techniques e.g. navicular deceleration or hip external rotation and alternative techniques may be more indicated for the conditions above depending on assessment findings.

1

Cut out a small wedge to allow the tape to conform well to the proximal phalanx of the big toe as it passes this region. Ensure that the toe is flexed and the medial longitudinal arch shortened to maximize the windlass mechanism. Lock around the toe with rigid sports tape if required.

2

Continue along the medial, plantar aspect of the foot then track slightly more proximally onto the medial aspect of the calcaneum.

3

&

4

Sweep around the calcaneum and cross the lateral aspect obliquely. Sweep under the foot from just proximal to the base of the 5th metatarsal ensuring the calcaneum is in varus. Emerge under the navicular. Lift the navicular and anchor the tape on the dorsum of the foot as shown.

