

Calf/Achilles/Plantar Fascia - PowerBand



Tape: Dynamic Tape 5cm (2") PowerBand
Dynamic Tape 7.5cm (3")

Position: Ankle plantar flexion, inversion, forefoot adduction and shortening of the medial longitudinal arch

Actions: Decelerates the navicular drop
Promotes shortening of the foot and elevation of the mid tarsal joint
Has four layers of elastic energy to absorb load as weight is taken through the foot to reduce load on the plantar fascia
Resists dorsiflexion to reduce eccentric loading through calf, achilles and plantar fascia which may reduce elongation if overly compliant e.g. degenerative tendinopathies
Stores energy in dorsiflexion and assists transition into plantar flexion
Soft tissue offload for pain relief either at achilles for tendinopathy or through calf for muscle tears

Indications: Calf strain, muscle tear, weakness or fatigue, achilles tendinopathy, post-op support and swelling reduction, plantar fasciitis, calcaneal apophysitis (Sever's Disease), shin splints, hallux valgus or other lower limb conditions requiring that the navicular drop is addressed.

- 1 & 2 Create a PowerBand using two or three layers of 5cm tape. Commence at the metatarsal heads leaving sufficient room to anchor the 7.5cm cover strip distal to the PowerBand. Position in plantarflexion and inversion then apply the tape with minimal stretch. Slightly dorsiflex to allow the tape to stick around the achilles tendon.
- 3 Cover with a 7.5cm cover strip. Cut small wedges out of either side to shape around the heel.
- 4 & 5 Apply an offload over the achilles and a lift to the navicular using 7.5cm tape. This will also lock off over the underneath layers. Parallel soft tissue offloads can be applied through the calf region for muscle tears and further offloading can be obtained with alternating transverse strips (not shown).

