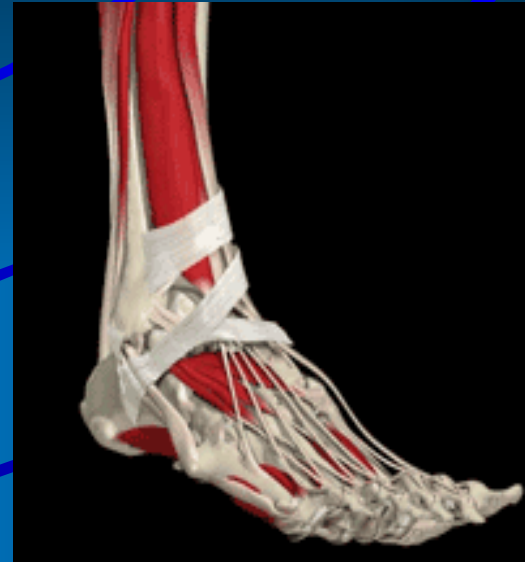


Kinesio Taping

Foot and Ankle



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History of Kinesio Taping

✦ New adjunct for
clinician tool box



Rhymes With Orange

by Hilary B. Price



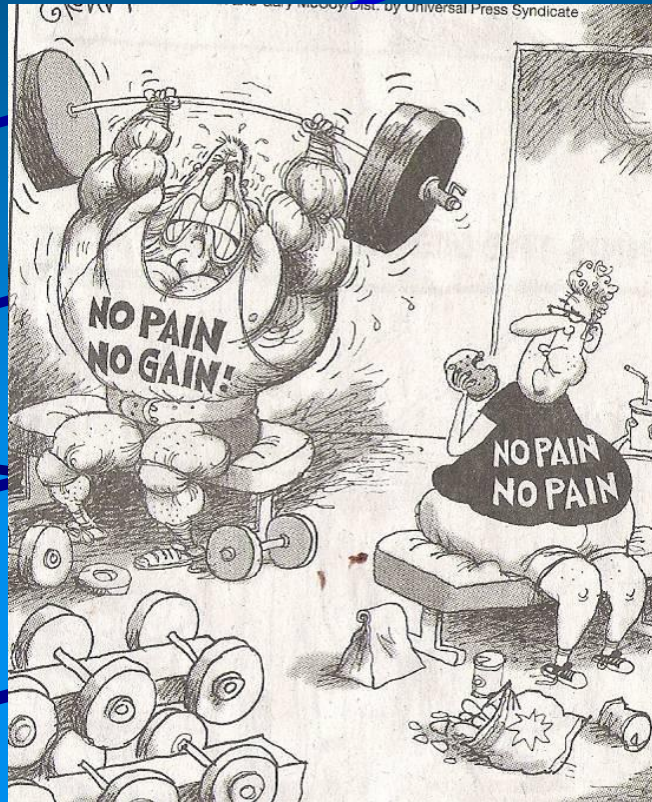
Application of Kinesio Tape

- ✦ Skin free of oils and dry
- ✦ Spray adherent can be used
- ✦ Lightly rub to activate heat sensitive adhesive
- ✦ Using a hair dryer after showering can help maintain elasticity and prevent uncomfortable wet tape
- ✦ Clip or shave thick or “furry” hair
- ✦ Can apply as many of the individual techniques as needed – recommend taping for pain and function
- ✦ No tension at beginning and end of tape
- ✦ Round ends of tape to prevent rolling

Application of Kinesio Tape

◆ The Rezac Principles

- Should not produce or increase pain



Application of Kinesio Tape

◆ The Rezac Principles

- Use the least amount of tape necessary to accomplish goal.

Close to Home by John McPherson



“Give me a break! A couple of shirtless construction workers outside the window, and you two completely lose track of what you’re doing!”

Muscle Facilitation



- ✦ **Functional origin to insertion (stable to mobile segment)**
- ✦ **Apply 30-40% stretch**
- ✦ **Stimulation of muscle contraction**

Muscle Inhibition

- ✦ Functional insertion to origin (mobile to stable segment)
- ✦ Apply 0-10% stretch
- ✦ Muscle Relaxation / Lengthening
- ✦ Proprioceptive feedback (rebounding) opposite to direction of muscle contraction



unloading

- ✦ **Decrease pressure / pain over a bursa, tendon or joint**
- ✦ **Unload**
 - Maximal stretch over area to unload
 - No stretch on ends
- ✦ **Space Correction**
 - 2 - 4 space strips
 - Approx 3 squares long
 - Maximal stretch over middle 1/3, no stretch lateral 2/3



Edema / Lymphedema

✦ Edema



- Reduction through active joint motion
- 0-10% stretch over edematous site
- Fan shape most common

✦ Lymphatic Drainage



- Negative pressure mechanism
 - ✦ Decreased pressure under tape
 - ✦ Higher pressure areas diffuse to lower areas
- Compression similar to lymphatic massage
- 0-5% stretch
- Direction of lymphatic flow

Plantar Fascia Unload

Gastroc/Soleus/Achilles Complex Unload



Step 1: With foot in dorsiflexion, begin tape at transverse arch on plantar aspect of foot. Apply moderate stretch to calcaneus. Can also fan and/or direct to 1st ray for improved 1st distribution.

Step 2: Split tape into a V and apply to medial and lateral aspects of the gastroc/soleus complex with minimal stretch.

Very effective when combined with navicular lift



Navicular Lift

- ✦ **Stability and deceleration of pronation moment during stance**
- ✦ **Can be augmented with plantar fascia unloading and gastroc inhibition**



Step 1: 0% stretch from lateral dorsum to navicular tubercle

Step 2: 30-40% from tubercle to anteriolateral tibia



Tibialis Anterior

Facilitation or Inhibition

- ✦ Facilitate DF
- ✦ Inhibit with space correction for shin splints
- ✦ Tibialis Anterior
 - O: lateral tibial condyle, proximal tibia and interosseus membrane
 - I: medial cuneiform, base of 1st metatarsal
 - A: IV foot, DF ankle

Facilitation: lateral tibia to 1st met 30-40% stretch

Inhibition: 1st met to lateral tibial 0-10% stretch



Hallux Valgus Correction

- ♦ Can be augmented with navicular lift
- ♦ Valgus or Varus can be used on any toe.

Step 1: Begin medial on the 1st ray, stretch moderately to maximally along medial foot to calcaneus (avoid positioning 1st MTP at end-range of available motion).

Step 2: Continue around posterior calcaneus laterally and back to medial foot on the dorsum ending at the medial 1st ray (starting point).

Step 3: A small strip can be used around the toe to secure ends without any stretch.



Edema / Lymphedema

✦ Edema Reduction

- ✦ For acute ankle sprains or post-surgical foot/ankle.
- ✦ Anchor distally and lie strips without stretch around edema area without stretch.
- ✦ Strips should end directed toward the femoral duct.



Questions, Comments, Rotten Tomatoes?

