



Taping

Today at the clinic a “strapping” or “taping” was applied to your foot. This was provided to either, provide protection to an injured part of your foot or to temporarily alter the function of your foot or lower limb.

Your taping will most likely provide you with relief or reduction of some of your symptoms. However, there are some simple but important rules you need to remember whilst you have your taping on.

Tapings should never be left on longer than instructed.

Taping should not be left on for more than 4 days. However if you are directed to only apply the tapings for a lesser time you should then follow your podiatrists direction.

Again never longer than 4 days.

Try to keep the area dry.

You will find the taping or strapping much more effective if dry. There also appears to be less irritation from taping if the area is dry.

Should the area become wet pat the area dry thoroughly with a towel.

Remove the tape immediately if you feel or see irritation.

Irritation may occur from taping on some skin types, due to the zinc oxide used to adhere the tape. Irritations may come in the form of an itching or burning sensation on the skin, around and under the tape. You may also find the skin appears red or blistered.

Should all or any one of these irritations occur remove your taping immediately and contact our clinic on the details below.

Remove the tape if your symptoms increase, whilst unlikely you should not feel pain.

If you have any concerns contact our clinic immediately.

A Step Ahead Podiatry is Western Sydneys leading foot and ankle clinic. Our highly skilled team are equipped to treat and assess all your foot and ankle needs.

Why not call now to confirm an appointment time or check us out on the net.

The information provided here should not be used for the diagnosis or treatment of any medical condition. **This should not be construed as professional advice.** A registered Podiatrist or general practioner should be consulted conditions. We strongly recommended you contact one of our professional staff for a detailed diagnosis and treatment plan.

