

FootCareMD[®]

A step in the right direction

How to Tape a Toe

Materials needed: 1" athletic tape and quick drying tape adhesive. For 1/2" tape, just split the 1" tape down the middle.

1) Place the foot on a table.



2) Apply one strip of tape about the midfoot.



3) Apply 1/2" strip about the toe.



4) Apply a figure 8 strip. Not too tight.



5) Repeat with 3 more strips.



6) Apply 1" strips about the bottom and side of toe, and overwrap as needed.





All done!

The American Orthopaedic Foot & Ankle Society (AOFAS) offers information on this site as an educational service. The content of FootCareMD, including text, images and graphics, is for informational purposes only. The content is not intended to substitute for professional medical advice, diagnoses or treatments. If you need medical advice, use the "Find an Orthopaedic Foot & Ankle Surgeon" tool at the top of this page or contact your primary doctor.

American Orthopaedic Foot & Ankle Society® Outreach & Education Fund 6300 N. River Road, Suite 510, Rosemont, IL 60018 800-235-4855 or 847-698-4654 (outside US)
Copyright ©2013 All Rights Reserved