



*Who will save your sole?*

## Recipe for the perfect Arch Tape

1. Place the first anchor at the ball of the foot. Lay the tape without any tension, closing on the top of the foot.
2. Place a second anchor (you can use only a half-width if you have a small foot) starting on the side of the 1<sup>st</sup> anchor, work your way around the heel and come out on the other side of the 1<sup>st</sup> anchor. Again, lay the tape with no tension – these are just anchors.
3. Cut the tape in half. Start on the big toe side of the 1<sup>st</sup> anchor, come across the arch, wrap around the back of the heel, come back across the arch and finish on the little toe side of the first anchor.
4. Repeat step 3 two more times.





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5. Start a strip of tape (full width) on the little toe side of the 2<sup>nd</sup> anchor (overlapping the 1<sup>st</sup> anchor by about half the width of the tape). Pull hard across the arch and finish on the big toe side of the 2<sup>nd</sup> anchor.
6. Repeat step 5, working your way towards the back of the foot, overlapping the previous strip of tape by about half the width. Depending on the length of your foot, you will need 2 to 4 of such strips.
7. Close the tape on the top of the foot. Lay the tape nice and loose, this is just to keep the tape job together.
8. Walk around for a few minutes. The tape should get a little looser and feel comfortable but supportive.

