

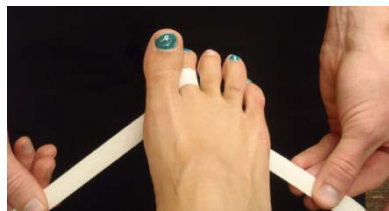


Plantar Plate Taping

Start with ~10-12inch piece of ½ inch tape.
Place the middle of the tape at the base of toe.



Take both ends of tape, pulling the toe down.



Wrap them around the foot and secure to the top of the foot.



Picture of the bottom



Repeat if needed for extra strength.

Sometimes tape will be applied to control the side to side direction of the toe.

Strips of larger tape can be wrapped around the base of the forefoot to help secure if needed.