

Figure 2.12

X-arch taping to support the longitudinal arch. Following an anchor strip (A), apply tape from the base of the great toe, around the heel, and back to the starting point (B-C). Place subsequent strips from the medial to lateral aspect of the foot's plantar surface (D-E). Overlap strips from the foot's lateral to medial aspect (F-H). Complete the procedure with strips that mimic the simple arch taping procedure described in Figure 2.11 (I-J).



A



B



C



D



E



F



G



H



I



J