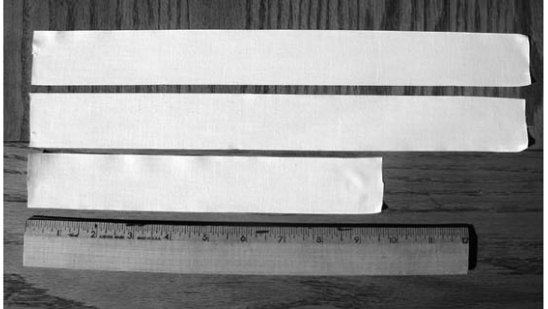


FOOT TAPING

**FOR ARCH SUPPORT
AND CORRECTING
PRONATION**



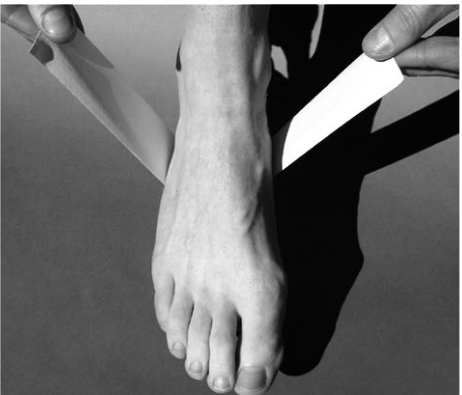
Wide sports tape



Cut approximate strips, hang from ends

Note: Both feet should be taped when wearing shoes without enough arch support or for long or hard pounding workouts

*For more information
contact Deb Merrill
207-729-6498
deb@happymuscles.com*



Relax ankle into neutral position and place tape forward of heel



First, pull up and secure outside ankle tape



Second, pull up firmly on inside tape and secure



Overlap a second piece of tape as shown above



Pull up firmly and secure both sides in the same way



All tape should be pulled upward- do not compress foot bones



For further ankle stability and motion control, anchor heel tape to arch tape, pulling firmly around ankle below your achilles tendon



**Brunswick
NeuroMuscular
Therapy**