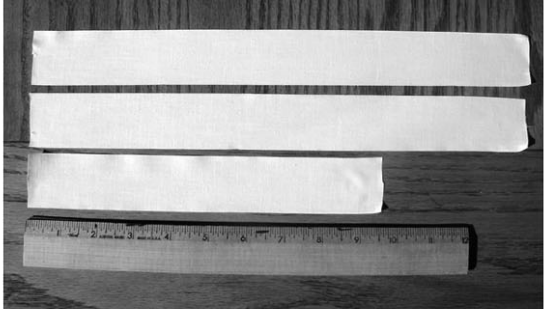


# FOOT TAPING

**FOR ARCH SUPPORT AND CORRECTING PRONATION**



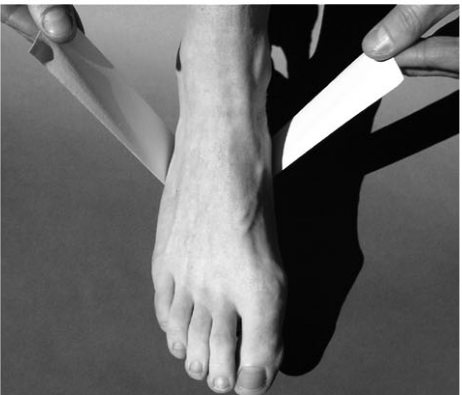
*Wide sports tape*



*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*

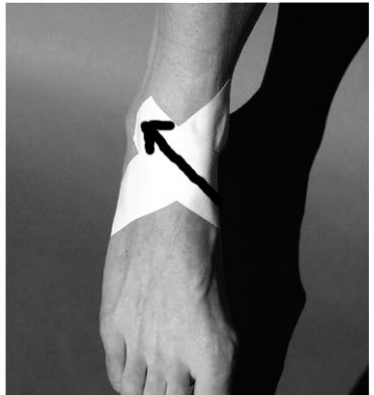
*For more information contact Deb Merrill  
207-729-6498  
deb@happymuscles.com*



*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*



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