

2 CROOKED TOE (HALLUX VALGUS)

Longer toes can cause gait problems, eventually resulting in toe deformity. Crooked toes can also be caused by trauma and require orthopedic care or foot care.

SYMPTOMS:

The big toe will show the outer toes as it later projects outward. Toes can require this projection causing pain and swelling. Left untreated, this condition may require surgery.

MATERIALS NEEDED:

Know Your Cuts:

- **H-Cut:** 2 strips up each by 10.5cm (4.13 in) long (length of foot width) 2.5cm (1 in) later. Tension: 75-95%.
- **V-Cut:** 2 strips up each by 10.5cm (4.13 in) long (width of foot width) 2.5cm (1 in) later. Tension: 25-30%.



EFFECTS OF TAPING:

The foot may feel more pressure gradually with weight. However, a change in pressure is necessary for foot healing. Some shoes where the toes can move freely or stay tensioned often when possible.

POINT OF TAPING:

Tap along the side of the foot to push the big toe back into alignment, and use tension to gradually pull it forward.

1. Measure and cut tape. Spread the ends. Place the base of the tape at the outside of the big toe.
2. Extend the upper tape toward the heel along the inner side of the foot. Extend the lower tape parallel to the first, wrapping downward around the base of the big toe.
3. Place the base of the shorter H-Cut across the base of the big toe.
4. Extend the upper side of the tape toward the front of the arch.
5. Extend the lower side of the H-Cut across the heel to end just before the heel.

NOTE: Replace the tape as often as needed. Tape past off easily during walking due to friction.



Kinesio Taping Perfect Manual

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