

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 professional help on the foot.

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:

Knows the Client

- 1/2" Cut 2 strips of tape by 10.5cm (4.13") long (length of foot with 2.5cm (1") extra for heel)
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POINT OF TAPING:

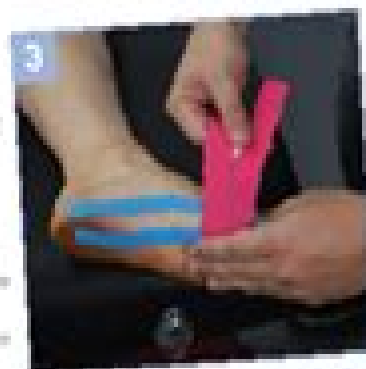
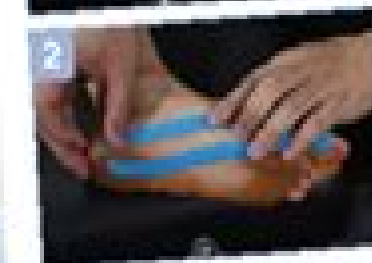
Tap along the side of the foot to pull the big toe back into alignment, and tap across the foot to pull it up.

EFFECTS OF TAPING:

The foot will be supported and gradually return to normal. However, a change in foot structure for flat footedness. Some shoes where the foot can move freely or stay flat on the floor when possible.

1. Measure and cut tape. Spread the ends. Place the tape on the side of the foot.
2. Extend the upper tape around the foot along the outer 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 around the front of the foot.
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

Clifford Lane



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