

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:

Knows the Client

- 1/2" Cut 2 strips of tape by 10.0cm (4.13") long (length of foot with 2.5cm (1") extra for heel)
- 1/2" Cut 2 strips of tape by 10.0cm (4.13") long (length of foot with 2.5cm (1") extra for heel)
- 1/2" Cut 2 strips of tape by 10.0cm (4.13") long (length of foot with 2.5cm (1") extra for heel)



POINT OF TAPING:

Tap along the side of the foot to pull the big toe back into alignment, and use the tape to pull the foot forward.

EFFECTS OF TAPING:

The foot will be supported and gradually with weight, however, a change in posture is necessary for full recovery. Some shoes where the toes can move freely or stay together often 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 "X" 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 "X" cut across the heel to end just before the heel.

NOTE: Repeat the tape as often as needed. Tape can be easily changed during walking due to friction.



Kinesio Taping Perfect Manual Ankle

Minjie Lin



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Kinesio Taping Perfect Manual Ankle: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. Kinesio Taping Perfect Manual Ankle : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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