TAPING ATHLETES’ FEET

The following two methods have been found useful for young athletes who are required to run on the tartan track in Townsville.

_Elastoplast Adhesive Tape 7.5cm width is used_

60m, 80m, 100m, 200m, Long Jump, High Jump (running mainly on the ball of the foot)

1. Cut two pieces twice the length of the toes 4cm for comfort. Tape under and across the aspect of the foot.

2. Start leading edge at base of small toe and have overlap on top of approx. 2cm. Follow medial underneath bringing the tape under then over the large toe.

3. Take the tape over the front to the small toe following the line of the tips of the toes.

4. Bring the tape back under the foot behind the ball of the foot and finish on top.

FOR MEDIUM DISTANCE

800 metres (where a more flat foot run is required)

1. Start above the back of the ankle at the Achilles tendon area bringing the tape under the foot to the toes. Swing over the top of the toes from the small to the large toe- back under the ball of the foot.

2. Bring tape back over the top of the foot past the arch then under the heel. Bring up and around the ankle to secure.