Arch Taping vs Arch Strap for Plantar Fasciitis or Foot Fatigue with Dr Emily Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Foot Support Techniques

Hi, my name is Dr. Splickle, functional podiatrist and human movement specialist. Today I want to share with you two of my favorite techniques for bringing support to the foot when you are experiencing diffuse foot fatigue, arch pain, or even plantar fasciitis.

Now these two ways are going to involve either using a taping technique or using an art strap which is essentially mimicking the effect of taping. Now the tapings which are done often times in a podiatrist office is using a tape that's called elastoplast or tinoplasm.

Taping the Arch for Stability

This is a 3 inch roll and you can get this on Amazon and why I like tinoplast is it has a little bit of an elasticity not too much, but enough to allow for enough movement.

Now this can be a little bit difficult to apply to yourself, which is why it's typically done in a podiatrist office. But what you want to do is you're going to cut two straps that are six inches in length and then a third that is three inches.

And I'm going to be taping my left foot. So I am going take my foot and you want to make sure that you are extending the toes back. I going the take the first six inch strap and I' going tape it across the bottom of the arch.

Now you can see I here and taking the tape and actually pulling up towards my ankle. and then I'll apply the tape down. So you can see the bottom of my foot, how it's lying.

And then, I'm going to take the second six inch strap. I gonna go just a little bit higher, and I am pushing up, placing the tap down, And I using the three inch to essentially lock the tapping down So you can see that taping, how it's sitting across my arch, bringing a little bit of a lift to the fashion, all the muscles in the bottom of the foot.

This is a great way to bring stability. Now again, when it is done to you, such as in a podiatrist office, it can be done a bit tighter. and have a little bit more benefit to the patient.

But that is a way that you can bring support. The second way, when a patient responds quite well to this taping technique in the office, I will then recommend getting what's called an elastic arch strap.

Elastic Arch Strap Alternative

This elastic art strap, which is my favorite of all of them, is by a company called Pedifix. And you find this on their website, but you could also find it on Amazon.

The elastic arch strap is similar. in that it is three inches. And then you can see it has a little bit of an elasticity to it. I'm going to place this on my foot and I am going slide it on so it's centered right in the middle of my arch, very similar to the taping technique that I did.

Because of the elasticity of this strap, I get a good hug to my feet, some good compression, and this is going provide comfort to the arch and to tissue in the bottom of the foot.

Now, again, both of these techniques are great for diffuse foot pain, arch fatigue, plantar fasciitis, heel pain as a way to bring support, compression, and stability to a tissue to allow it to calm down and repair itself.

These are also really great options when you are home and you don't necessarily want to be in arch supports and structured shoes around your home. To learn more about both of these products which are available on Amazon, it's Elastoplast 3-inch Roll or Petifix for the elastic arch strap.