

-TAPING SEVER'S DISEASE-

IMPORTANT

Place (NO tension, just protects skin), 1 layer of hypafix or fixomull tape under the rigid tape FIRST to prevent skin reaction.

Trial a tape patch with a small square of layered fixomull & rigid tape on inside of wrist for 1-2 hours first. REMOVE IMMEDIATELY if itching or burning & DO NOT USE

You need: 1 roll 3.5cm-width rigid sports tape, 1 roll 5cm-width hypafix/fixomull. This is enough tape to last about 25 applications.

5 SIMPLE STEPS



1 - Child is lying on their tummy, foot over edge. Place foot on your leg to hold a neutral position as shown.



2 - Start the tape half-way down outside of foot. Rub this down to keep in place. Rip/cut tape with enough length to finish 1/3 to 1/2 way down inside of foot arch.



3 - Pull tape around back of the heel and then pull down HARD and stick to the inside of the foot, stop half-way down inside of foot arch.



4 - Repeat 3 times, this is the inside foot appearance with tape on. This tape technique COMPRESSES and it needs to be firm to do this.



5 - Gently (NO TENSION) Apply a U-shape/stirrup (fixomull/rigid) under the foot just to cover both ends of the tape to secure it