

Achilles Tendinitis – Kinesiological Taping

There are several different brands of Kinesiology style tape. I have had luck using Kinesio Tape, KT Tape, and Mummy Tape brands. There are many other useful taping techniques which utilize different forms of tape. Below is an example of one method I use to tape when treating Achilles tendinitis.

Be sure to round the corners of the tape prior to applying. This helps to keep it from catching on clothing. The tape is heat activated. This means it gets stickier as it warms up to your body temperature. **Apply the tape at least 30 minutes prior to activity.** The tape can get wet as long as you allow it to dry thoroughly. You could even use a hair dryer. Remember that the tape becomes very sticky, so please refer to **Skin Care with Taping.pdf** to insure proper application and removal.

Tape Application – Stage One

Round the corners of the tape. Remove approximately 1 inch of the backing on the tape. Without stretching it, apply the 1 inch section of tape to the bottom of the heel. The foot should be plantar flexed (or toes pointed). Apply an approximate 50% stretch up the back of the calf. The final 1 inch section on the opposite end should be applied, without stretch, ending before the back of the knee.



Tape Application – Stage Two

Cut another similar size of a strip. On one end, cut the strip length wise in half. Round the corners of the tape. Remove approximately 1 inch of the backing on the tape. Without stretching it, apply the 1 inch section of tape to the bottom of the heel. The foot should be plantar flexed (or toes pointed). For each smaller strip, apply an approximate 75% stretch along side of the calf. The final 1 inch section on each of the smaller strips should be applied, without stretch, ending before the back of the knee.



Tape Application – Stage Three

Cut another small strip about 2-3 inches long. Round the corners of the tape. Remove approximately 1 inch of the backing on the tape. The foot should be in a neutral position. Apply an approximate 75% stretch to the middle of the tape directly over the painful area of the Achilles tendon. The ends of the tape (approximately 1/2 to a 1 inch section) should be applied without stretch. Be sure to rub vigorously to warm up the tape and to increase its stickiness.



Kinesiological Taping for Achilles Tendinitis

Be sure to apply the tape at least 30 minutes prior to exercise. You can repeat this technique for the other leg if you are experiencing symptoms on both of the legs. You may wear your compression sleeve/sock over the tape if you are utilizing them as part of your treatment strategy.

