

Foot and Ankle Update

Casper Orthopedic Associates



"Turf Toe Taping Protocol"

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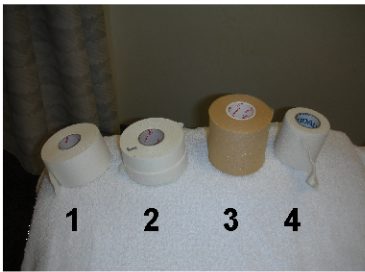
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Materials:

1. 2 inch athletic tape
2. 1/2 inch athletic tape
3. Pre Wrap
4. Elastic Tape

Place tape around toe using 1/2 inch athletic tape

Place tape on bottom and side of toe to limit extension



Tape placed on bottom and side of toe to limit extension

Place pre wrap around mid foot before putting elastic tape

Elastic tape used to wrap mid foot



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