




Location:	Heel	Heel
Application:	Heel Spur Support / Flat Foot Pain Relief	
Indication:	Pain - Heel Spur / Flat Foot / Plantar Fasciitis	
Shape:	One I-strip, One Octopus-strip	
Body Position:	Lying, face down	

Acti-Tape Step by Step Instructions: Heel Spur Support / Flat Foot Pain Relief

1.	<ul style="list-style-type: none"> ● Lie in a face down position with feet hanging over the edge of a bed. Raise the foot slightly with a towel under the ankle. Apply one end of an I-strip under the heel. 	
2.	<ul style="list-style-type: none"> ● Tilt the ankle slightly inwards. Apply the strip upwards with a slight stretch along the inside of the calf, covering the ankle. Smooth down the strip firmly. 	
3.	<ul style="list-style-type: none"> ● Position the foot at a right angle. Apply the base of an Octopus-strip on the heel with the fingers of the strip pointing towards the toes. Apply the fingers of the strip one by one without stretch in a fan shape. 	
4.	<ul style="list-style-type: none"> ● Smooth down all the fingers of the strip firmly to complete. 	