




Location: Big Toe
Application: Hallux Valgus Support / Pain Relief
Indication: Pain - Hallux Valgus
Shape: Two Y-strips
Body Position: Lying

Toe

Acti-Tape Step by Step Instructions: Hallux Valgus Support / Pain Relief

1.	<ul style="list-style-type: none"> In a lying position, point the toes to the front. Apply the legs of a Y-strip around the big toe, with the strip pointing towards the heel. 	
2.	<ul style="list-style-type: none"> Apply the strip with a moderate stretch underneath the arch of the foot onto the heel, slightly to the outside of the foot. Smooth down firmly. 	
3.	<ul style="list-style-type: none"> Position the base of the second Y-strip onto the ball of the foot. With the thumb under the big toe, gently arch the foot. Apply the legs of the strip across the top of the foot without stretch as shown. 	
4.	<ul style="list-style-type: none"> Smooth down the strips firmly to complete. 	