

INSTRUCTIONS FOR TENSION TAPING

- ➔ Taping stays on for 3 days, and in the 3-day period, we'd like you to think about how it is making your feet feel Bottom line, are you better?? We 're not expecting miracles, but we are anticipating some form of positive response.
- ➔ While you have the tape on, you cannot get it wet. I suggest using a gallon size non-ziploc baggie secured with duct tape to make a tight seal.
- ➔ If at any time you experience itching or burning, soak the tape off immediately. If the tape is causing pain or undue discomfort, soak it off immediately. In any case, the tape needs to be removed at the end of the 3-day period.
- ➔ Do not discontinue any of your normal routine activities.
- ➔ Try to wear a sock to bed at night to help preserve the tape.