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Taping for Toe Sprain (Turf-Toe)

OBJECTIVES:

- ? Support first Metatarsophalangeal (MTP) Joint,
- ? Allow Moderate Flexion and Minimal Extension, and
- ? Limits End Range of Flexion, Extension, and Adduction.



Clean and prepare the area by shaving if excessive hair is present. Spray the area with skin toughener (Tuf-Skin®, STA®, etc.).

Place an anchor of 1" white tape around the distal toe. Place an anchor of 1 ½" tape around the mid-foot.

Place a longitudinal supporting strip of 1" tape from distal to proximal anchor on medial aspect of foot.



Begin a plantar X with a longitudinal strip diagonally from lateral aspect of distal anchor to medial aspect of proximal anchor on plantar aspect of first MTP joint.

Cross this with second strip from the medial aspect of the distal anchor crossing MTP joint at its midpoint on plantar aspect.



Begin dorsal X with a 1" strip from the medial aspect of the distal anchor to dorsal aspect of the proximal anchor.

Finish the dorsal X by crossing this strip from lateral aspect of distal anchor to medial aspect of proximal anchor, forming an X over the dorsal MTP joint.



Close up taping with light circumferential strips covering sites of original anchors with 1" tape for toe, and 1½" tape for mid-foot. Start proximally and move distally with anchors, overlapping each previous strip by ½.

Test tape for adequate restriction of toe motion and ensure that tape on mid-foot is not too tight.