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Foot Strapping Instructions

You may leave the strapping on up to 7 days. After 7 days, you **MUST** remove the strapping to let your skin breathe.

For best results, keep the strapping as dry as possible.

When showering, tape a small towel around your ankle. Then, place your foot in a plastic bag and secure the top of the bag above the towel. This way, any water that leaks into the bag will be caught by the towel below.

If you have a follow up appointment scheduled one week after the strapping was applied: please remove the strapping and clean the area the night before your appointment. Do not apply any lotions or creams as we may continue strapping treatment another week.

If you have any questions or concerns, please call the office at 239-277-7070.