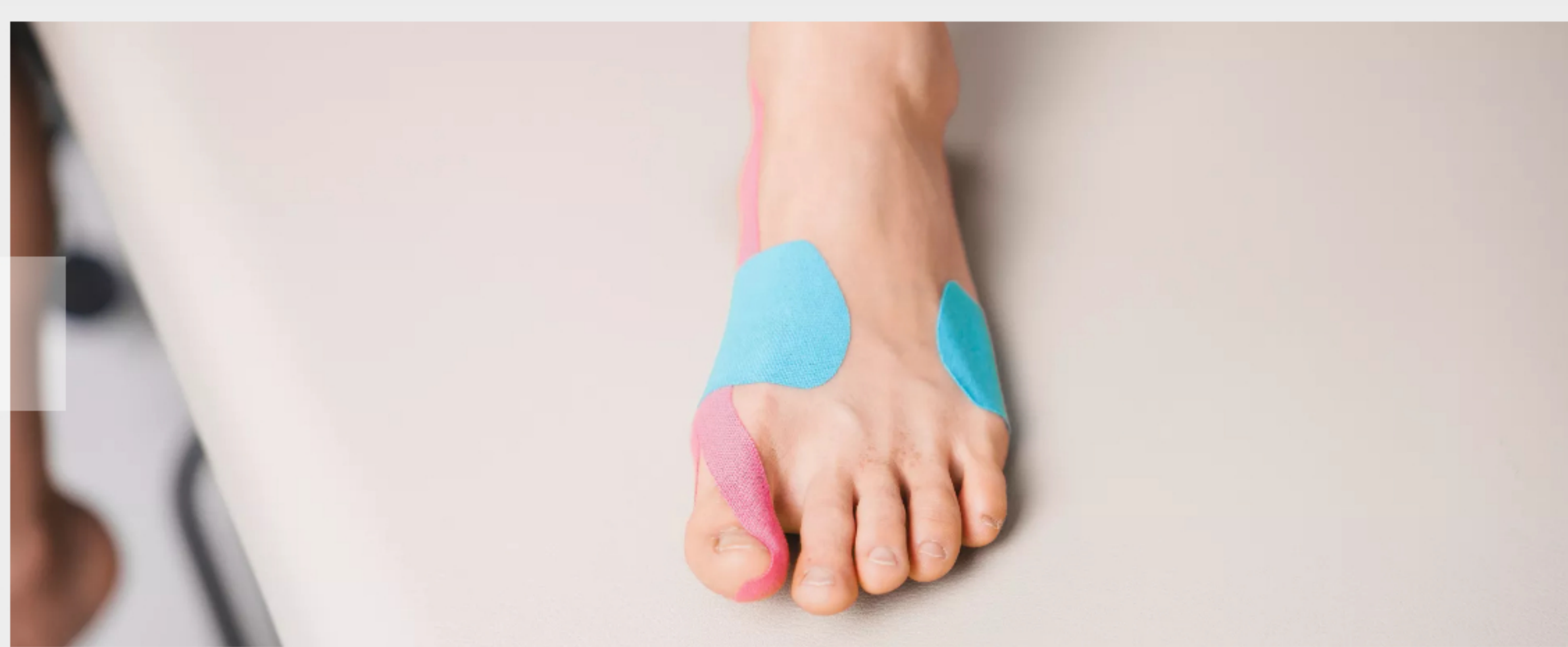


Taping hallux valgus

K-Active



[Directly to taping hallux valgus guide](#)

Main application area

Hallux valgus (bunion)
Metatarsophalangeal joint pain

What you need

2 tape strips:
1 x tape (pink) -> approx. 15 - 20 cm
1 x tape (blue) -> approx. 10 - 12 cm

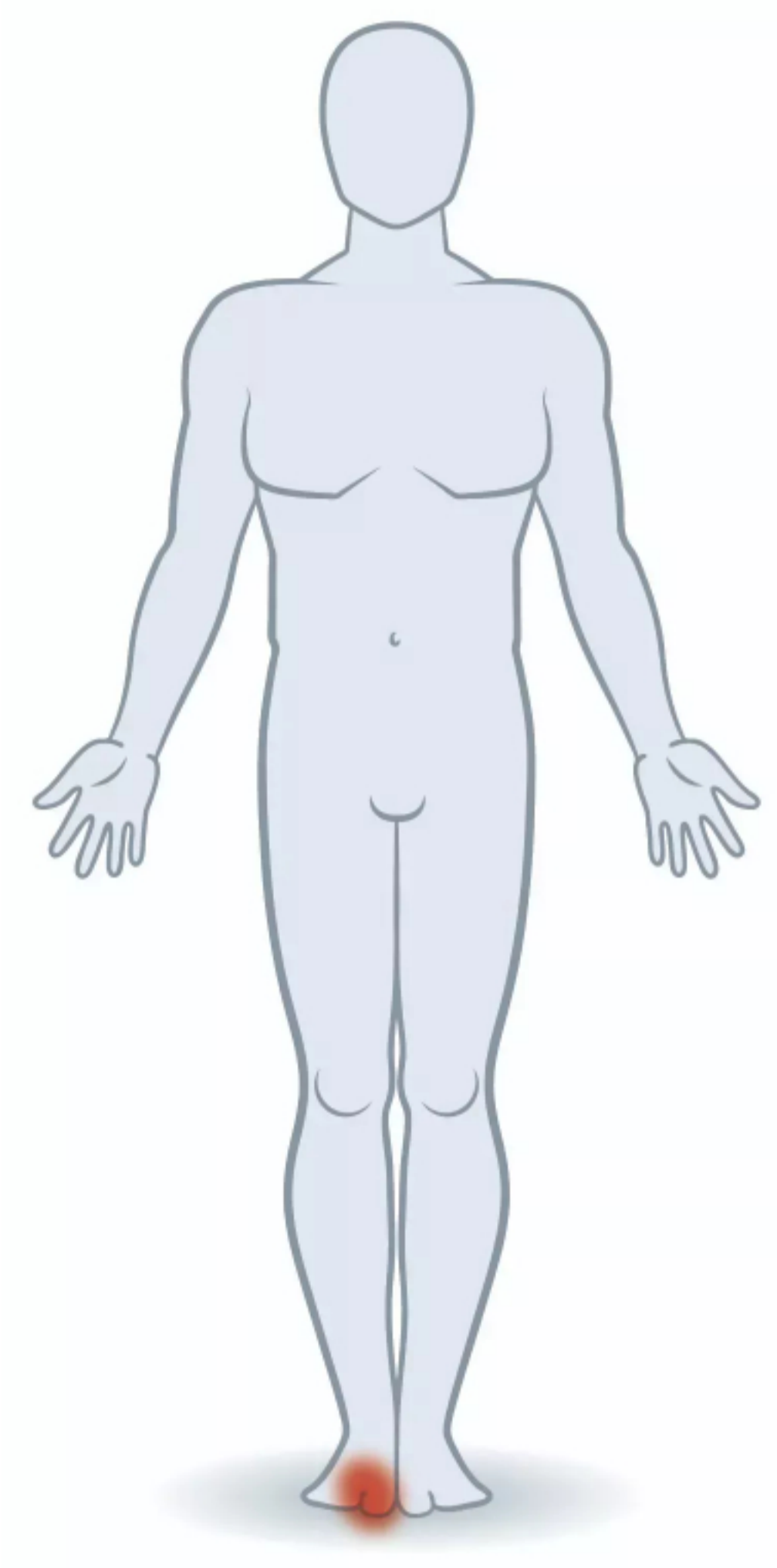
Duration of application

Up to 7 days

* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

Pain caused by hallux valgus (bunion)

Hallux valgus, also known as **bunion**, is a common deformity of the big toe joint in which the big toe deviates towards the other toes and a bony protrusion forms on the inside of the foot. This deformity can lead to considerable pain and discomfort. The causes of hallux valgus are varied and can include genetic predisposition, unsuitable footwear (e.g. high heels or tight shoes), and overloading through certain sports or activities.



Information

General information about hallux valgus (bunion)

Hallux valgus is one of the most common deformities of the big toe, in which the big toe deviates outwards so that it leans towards the other toes. The big toe joint curves inwards, resulting in a significant change in the shape of the foot. This deformity can cause both aesthetic and functional problems and lead to considerable discomfort. The deformity usually develops gradually and worsens over time. Initially, the changes are often barely visible and painless, but severe pain and inflammation can occur at an advanced stage. The joint is irritated by the constant friction and pressure on the protruding joint, which can lead to swelling and redness.

The limited mobility of the big toe is particularly stressful, making it difficult not only to walk and stand, but also to wear shoes. Tight or ill-fitting shoes can aggravate the symptoms as they exert additional pressure on the already damaged joint. In addition to the mechanical problems, those affected often suffer from cosmetic concerns, as the deformation of the foot is clearly visible.

Causes of hallux valgus pain

Hallux valgus pain usually results from a combination of mechanical and inflammatory factors that exacerbate the deformity of the big toe and stress the surrounding structures. Here are some of the most common causes:

- **Mechanical pressure and friction:** The protruding bunion often rubs against shoes, which can lead to pressure points, calluses and blisters. This friction irritates the skin and underlying tissue, which can be painful.
- **Inflammation:** The constant irritation and pressure on the big toe joint can lead to inflammation. Bursitis, an inflammation of the bursa, is a common side effect of hallux valgus and causes additional pain and swelling.
- **Overloading the joint:** The malposition of the big toe puts excessive strain on the big toe joint. This leads to faster wear of the joint cartilage and can cause osteoarthritis (joint wear and tear), which in turn causes pain.
- **Muscle tension:** The misalignment and the resulting change in foot mechanics can lead to tension and overloading of the foot muscles, which can also cause pain.
- **Poor footwear:** Tight, pointed or high shoes can exacerbate the symptoms by increasing the pressure on the ball of the foot and further promoting the misalignment of the big toe.
- **Genetic predisposition:** A familial predisposition to hallux valgus can also play a role. People with a genetic tendency towards weak connective tissue or certain foot shapes are more susceptible to this deformity and the associated pain.

How does K-Active Tape help with hallux valgus pain?

K-Active Tape can be used effectively for hallux valgus pain by stabilizing and supporting the big toe and the surrounding tissue. The elastic and self-adhesive properties of the tape relieve the big toe joint, reduce pressure and thus relieve pain. The tape gently lifts the skin, which stimulates the sensory receptors and reduces the perception of pain. It also promotes blood circulation and lymph flow, which reduces swelling and inflammation. The improved proprioception helps to correct incorrect posture and prevent re-injury while maintaining freedom of movement.

Taping hallux valgus- Tips



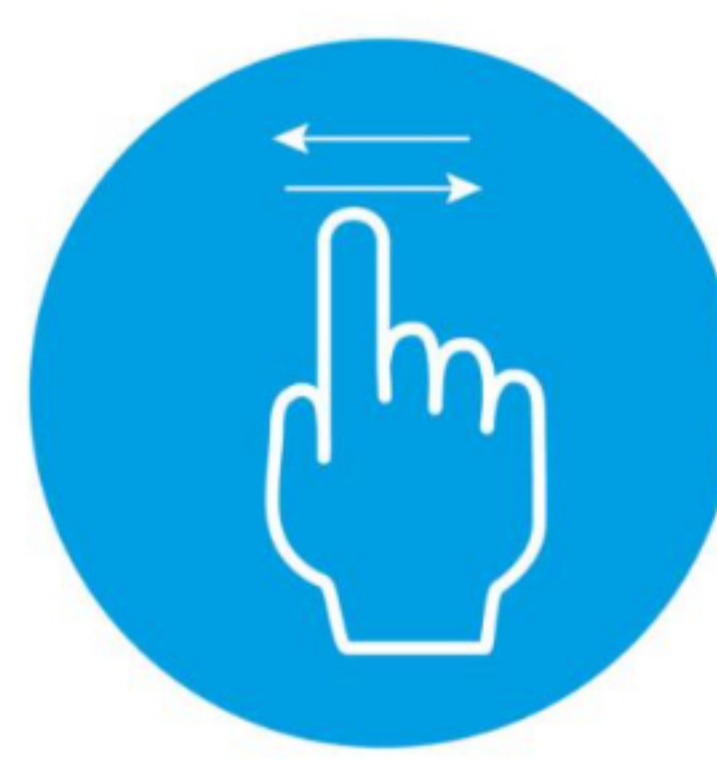
Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

Step by step tape tutorial

[Download instruction](#)



⇒ 1.

Bring the head into a pre-stretch to measure the length of the blue tape strip.



⇒ 2.

Attach the base of the tape in neutral head position between the shoulder blades. Leave the ends with release paper.



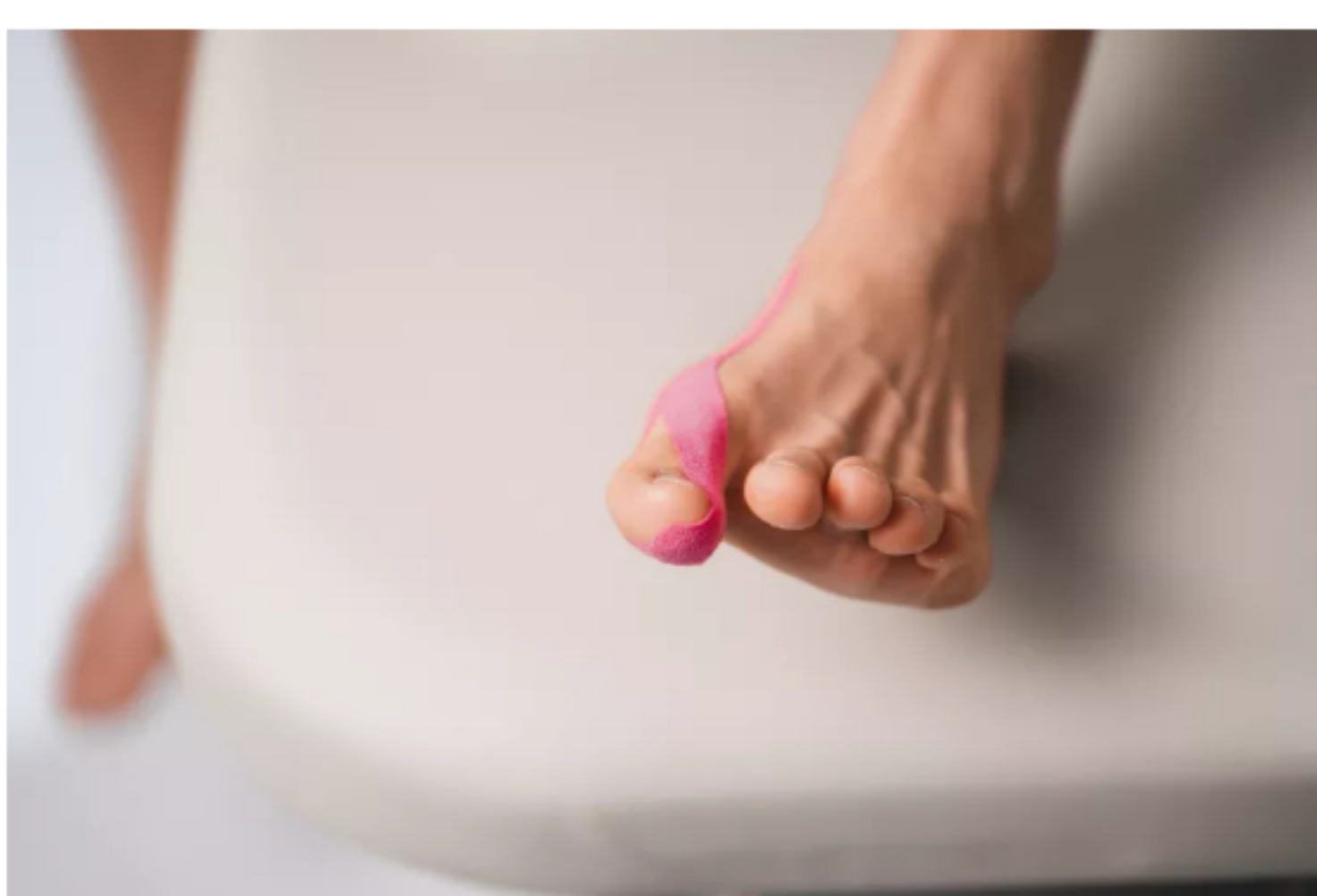
⇒ 3.

Pull the release paper off as you move upward and lightly adhere it, but do not finalize the tape.



⇒ 4.

Apply the first tape rein **without stretch (0%)** along the neck. The head is in the pre-stretch.



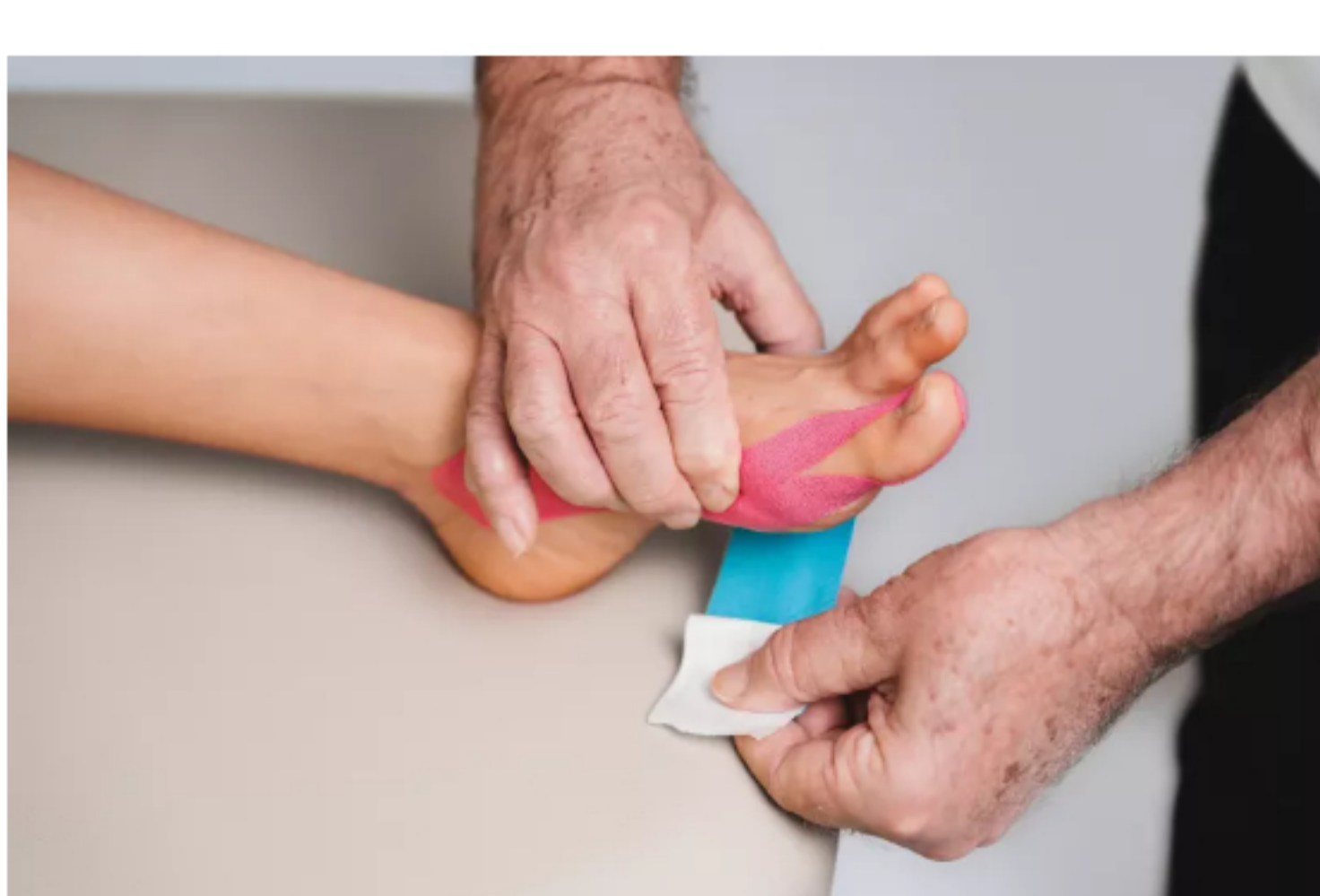
⇒ 5.

Apply the second tape rein in pre-stretch of the head. Again, **without stretch (0%)**.



⇒ 6.

That's it for the muscle technique.



⇒ 7.

Apply the first tape rein **without stretch (0%)** along the neck. The head is in the pre-stretch.



⇒ 8.

Apply the second tape rein in pre-stretch of the head. Again, **without stretch (0%)**.



⇒ 9.

👍 That's it for the muscle technique.