

Foot taping

Peroneal tendon
K-Active



[Directly to taping peroneal tendon](#)

Main application area

Peroneal ligament injury
Peroneal tendonitis/peroneal irritaion
Pain on the outer foot

What you need

1 tape strip:
1 x tape (pink) -> approx. 20 - 25 cm

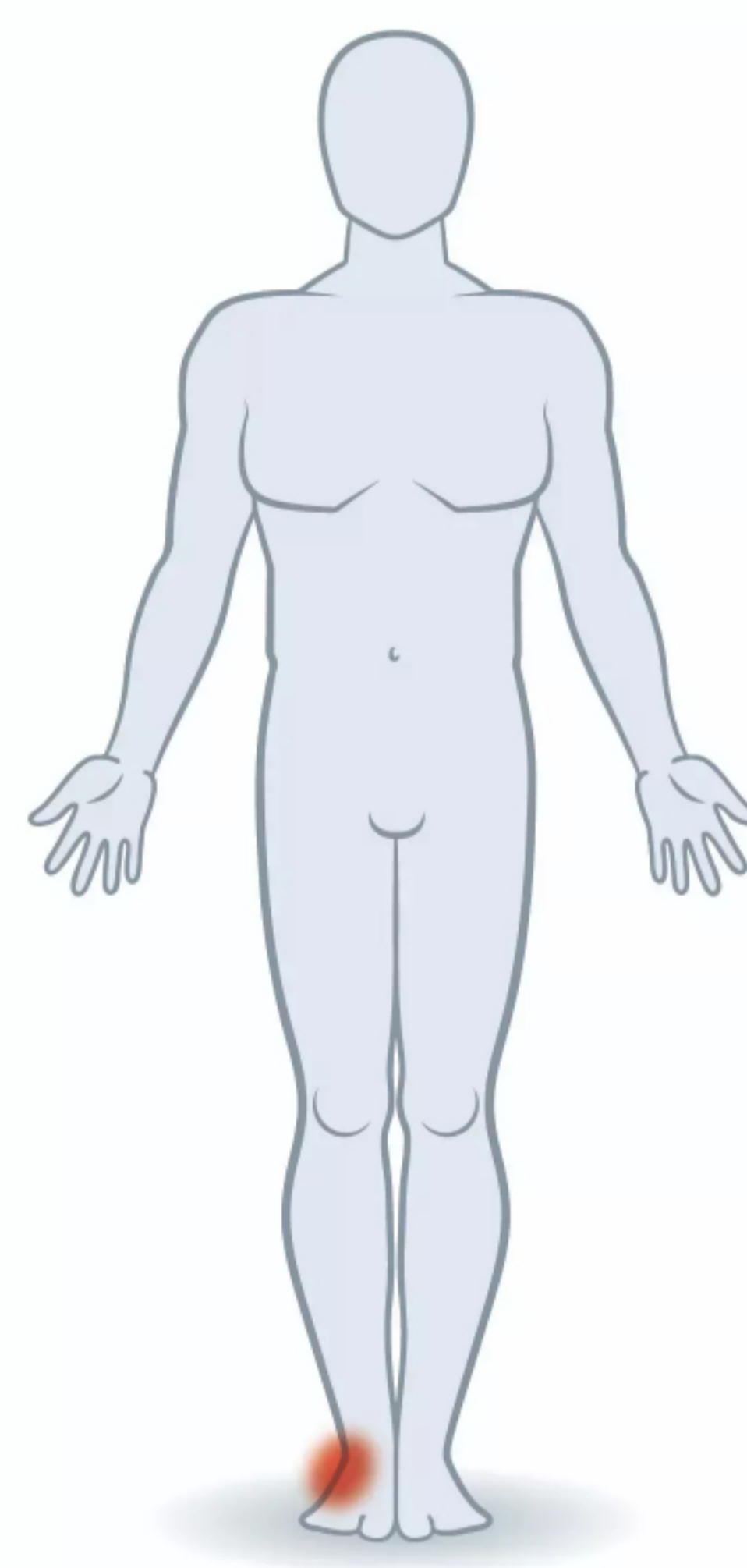
Duration of application

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 on the outer side of the foot (peroneal tendon pain)

Pain on the outer side of the foot, especially along the **peroneal tendon**, can have many causes and often affects people who are active in sports or have to stand and walk a lot for work. The peroneal tendons run along the outside of the foot and support the stability and mobility of the ankle joint. The causes of this pain can be overloading, sudden movements, misalignments or direct injuries. Typical symptoms are pain and swelling on the outside of the foot, which can radiate to the outside of the lower leg. The symptoms often occur when walking or running and can be accompanied by tenderness and stiffness.



Information

General information on the outer side of the foot and peroneal tendon

The outer side of the foot, also known as the lateral side, includes important structures that ensure the stability and mobility of the foot. One of the main structures in this area are the peroneal tendons. These tendons connect the peroneal muscles (peroneus longus and peroneus brevis muscles) to the bones of the foot. They run along the outside of the lower leg and attach to the foot.

Causes for pain on the outer side of the foot

Pain on the outer side of the foot or in the peroneal tendon can be caused by various factors, including:

- **Overloading:** Frequent repetitive movements, such as those involved in running, basketball or tennis, can lead to overloading of the peroneal tendons. This overuse causes micro-injuries that can lead to inflammation and pain.
- **Injuries:** Acute injuries, such as twisting the ankle, can damage the peroneal tendons. This often leads to inflammation of the peroneal tendon (tendinitis) or even to a rupture of the tendon.
- **Foot misalignment:** Anatomical misalignments such as a high arch (pes cavus) or supination walking (foot tilted outwards) can put additional strain on the peroneal tendons and lead to pain.
- **Poor choice of shoes:** Unsuitable footwear that does not provide sufficient support or does not properly support foot movements can lead to excessive strain on the peroneal tendons.
- **Muscular imbalance:** An unbalanced musculature in the lower leg can lead to incorrect strain and overuse of the peroneal tendons.
- **Arthritis:** Inflammatory diseases such as arthritis can affect the tendons and joints in the foot area and cause pain.
- **Age and wear and tear:** With age and repetitive strain, the tendons can wear out and become more susceptible to inflammation and injury.

How does K-Active Tape help to relieve pain on the outer side of the foot?

K-Active Tape stabilizes and supports the area on the outside of the foot, especially the peroneal tendon, thereby reducing strain. The elastic and self-adhesive properties of the kinesiology tape gently lift the skin and stimulate the sensory receptors, which reduces the perception of pain and accelerates healing. The tape promotes blood circulation and lymph flow, which helps to reduce swelling and inflammation. It also improves proprioception, which can correct incorrect posture and prevent re-injury.

Taping peroneal tendon - Tips



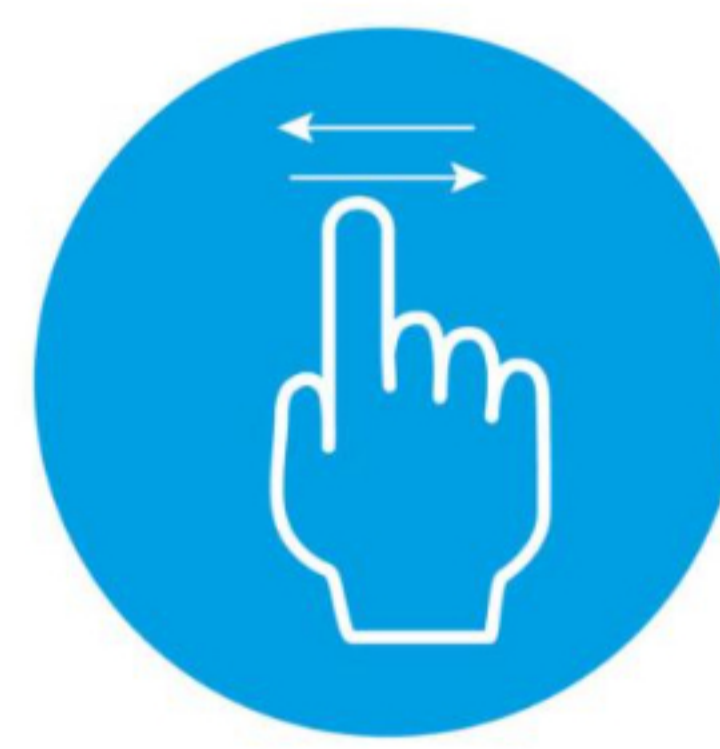
Apply before activity



Dry & clean skin



Round off tape edges



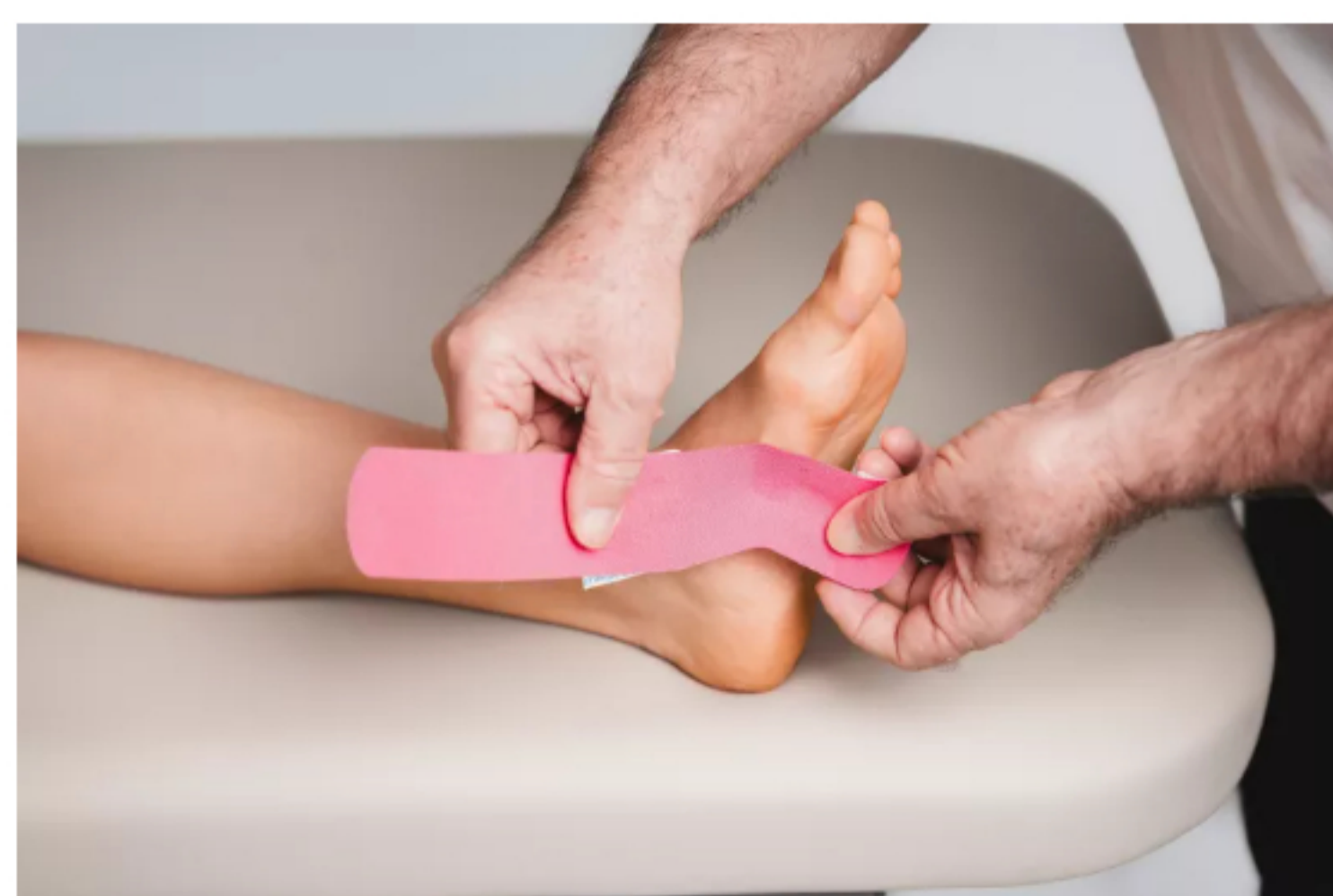
Rub over tape after applying



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.