YOU WILL NEED

STRIP ONE: Tear backing paper two inches from end to create starting anchor.

STRIP TWO & THREE: Tear backing paper at the center of strips to begin application.

TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.

ALL COLORS of KT Tape® are designed to perform equally.

BEFORE YOU START

APPLY BEFORE ACTIVITY
Apply one hour before beginning activity

CLEAN SKIN
Clean dirt, oils and lotions from area using rubbing alcohol

ACTIVATE ADHESIVE
After application rub tape vigorously

BODY POSITION
While sitting, bring your ankle and toes up into a flexed position.

STRIP ONE
ANCHOR: Place your anchor with no stretch on the ball of the foot directing the tape towards the heel.

NO STRETCH
APPLY: Using one hand to hold your anchor in place, apply an even, moderate stretch. Secure the strip onto the bottom or your foot.

FINISH: Apply the remaining portion of this strip with no stretch up the back of the heel.

STRIP TWO
APPLY: Take one half strip and tear the paper backing in its center. Apply your half strip by applying an even moderate stretch.

MODERATE
APPLY: Apply your anchors with no stretch over the inner and outer topsides of your foot.

NO STRETCH
FINISH: Rub the application for improved adhesion.

STRIP THREE
APPLY: Take your second half strip and repeat just behind the first strip.

MODERATE
FINISH: Rub the application for improved adhesion.

CAUTION:
If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.

WATCH THE VIDEO
kttape.com/instructions/ball-of-foot