



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

1 FULL STRIP



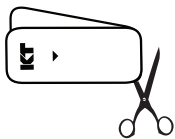
2 HALF STRIPS



STRIPS ONE: Tear backing paper two inches from end to create starting anchors.

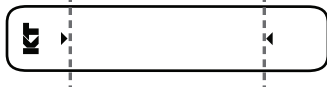


STRIP TWO & THREE: Tear backing paper at the center of strips to begin application.



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

ANCHOR STRETCH ANCHOR



HOW TO APPLY

STRIP ONE



Flex the foot to create a stretch on the back of the ankle. Place the **anchor** on the bottom of the foot with **no stretch**.



Apply tape with **moderate stretch** under the heel and along the achilles tendon.



Lay down the second **anchor** with **no stretch** using the last two inches of tape.

STRIP TWO



Apply **moderate stretch** and adhere a half strip across the first strip **below** the ankle.



Lay down the last two inches at each end with **no stretch**.

STRIP THREE



Repeat the same technique with the second half strip **above** the ankle. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.