ACHILLES TENDONITIS

YOU WILL NEED

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

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

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

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

BEFORE YOU START

APPLY BEFORE ACTIVITY
Apply one hour before beginning activity

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

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

BODY POSITION
Sit on a chair and cross your ankle over your knee. Flex your ankle in the upward direction.

STRIP ONE
ANCHOR: Adhere two inches of tape with no stretch on the bottom of the arch.

NO STRETCH
APPLY: With a light stretch, apply tape under the heel and through the point of pain.

FINISH: With two inches remaining, lay the end down with no stretch.

LIGHT STRETCH
APPLY: With a light stretch, apply tape under the heel and through the point of pain.

FINISH: With two inches remaining, lay both ends down with no stretch.

STRIP TWO
MODERATE STRETCH
APPLY: With a moderate stretch, adhere center of half strip directly below point of pain.

FINISH: With two inches of tape remaining, lay both ends down with no stretch.

STRIP THREE
MODERATE STRETCH
APPLY: With a moderate stretch, adhere center of second half strip directly above point of pain with a moderate stretch.

FINISH: With two inches of tape remaining, lay both ends down with no stretch.

WATCH THE VIDEO
kttape.com/instructions/achilles-tendonitis

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.