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

YOU WILL NEED

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

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

ANCHOR: Adhere two inches of tape with no stretch at the base of the calf, on one side of the ankle.

ANCHOR: Anchor next to strip one with no stretch, on the other side of the ankle.

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APPLY: With a light stretch, apply the tape along one side of the calf, stopping two inches below the back of knee.

APPLY: With a light stretch, apply strip two along the calf, stopping two inches below the back of knee.

FINISH: With two inches remaining, lay the end down with no stretch, careful to avoid the back of knee.

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WATCH THE VIDEO
kttape.com/instructions/calf

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.