



## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

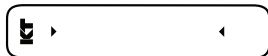


TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

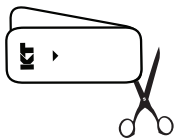
## YOU WILL NEED



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

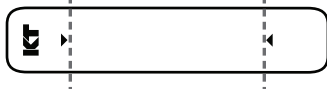


**ALTERNATIVE: STRIP TWO & THREE:** Tear backing paper two inches from end to create starting anchors.



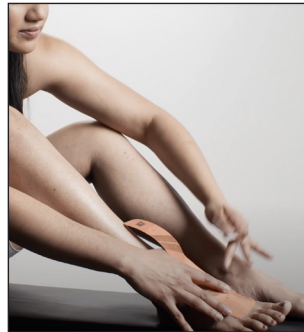
**TO CREATE A HALF STRIP:** Fold a full strip in half and cut folded edge rounding the corners.

ANCHOR      STRETCH      ANCHOR



## HOW TO APPLY

### STRIP ONE



Point the foot to create a stretch on top of the foot. For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor at the base of the toes with **no stretch**.



Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** along the top of the foot and ankle.



Lay down the second anchor on the front of the shin with **no stretch**, using the last 2 inches of tape

### STRIP TWO & THREE



One at a time, tear backer paper in the center of the half strips and peel back to expose the middle segment of adhesive. Apply **moderate stretch** and adhere the strips diagonally across the first strip, creating an X over the point of pain.



Lay down the last 2 inches at each end with **no stretch**.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.