



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

1 FULL STRIP



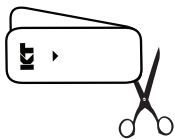
2 HALF STRIPS



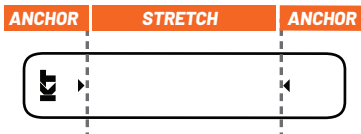
STRIPS ONE: Tear backing paper two inches from end to create starting anchors.



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

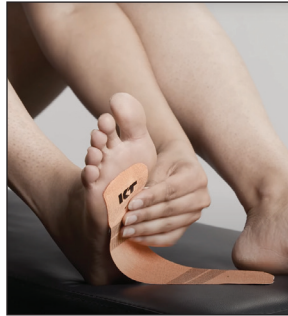


TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.

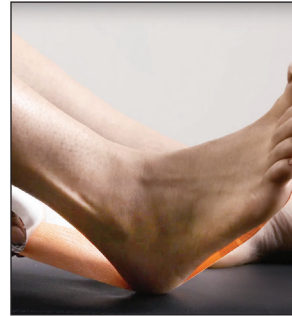


HOW TO APPLY

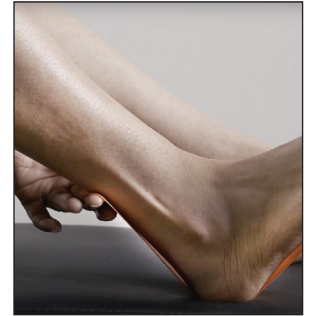
STRIP ONE



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



Apply tape with **moderate stretch** along the bottom of the foot.



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

STRIP TWO



Create an **anchor** at one end of a half strip.



Apply **moderate stretch** and adhere the strip across the first strip in front the pain point.

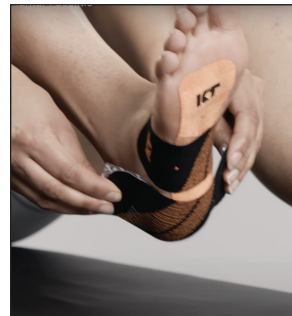


Lay down the last two inches at each end with **no stretch**.

STRIP THREE



Create an **anchor** at one end of the second half strip.



Apply **moderate stretch** and adhere the strip across the first strip behind the pain point.



Lay down the last two inches at each end with **no stretch**. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.