

PERNOEAL TENDONITIS



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED









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





HOW TO APPLY

STRIP ONE



For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor on the outside of the mid foot with **no stretch**.



Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** behind the ankle and up the side of the ship.



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

STRIP TWO



Next, Tear backer paper in the center of a half strip and peel back to expose the middle segment of adhesive. Apply moderate stretch and adhere the strips across the first strip, below the ankle.



Lay down the last 2 inches at each end with no stretch. Smooth over the full application to ensure tape is completely applied to the skin