**TURF TOE**

**YOU WILL NEED**

- KT Tape

**PREPARE:**
Cut a strip of tape vertically to create two, one-inch wide strips.

**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

**STRIP ONE**

- **NO STRETCH**
  - ANCHOR: Apply anchor on the bottom of your big toe with no stretch.

- **MODERATE STRETCH**
  - APPLY: With a moderate stretch, apply up the bottom of the foot and along the back of the heel with no stretch on the opposite end.

**STRIP TWO**

- **NO STRETCH**
  - APPLY: Next lay the ends underneath the toe digonally with no stretch.

- **MODERATE STRETCH**
  - TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.
  - ALL COLORS of KT Tape are designed to perform equally.

**WATCH THE VIDEO**
kttape.com/instructions/turf-toe

**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.