**POSTERIOR SHIN SPLINTS**

**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.

**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

**BODY POSITION**
In a seated position, cross your ankle over your knee. Lift your ankle upward, with an outward rotation.

**STRIP ONE**

- **ANCHOR:** Place a two inch anchor with no stretch on the outer edge of your heel.
- **APPLY:** With a light stretch, guide the tape under your heel and along the inside of your ankle. Continue behind your ankle bone, toward your knee.
- **FINISH:** With two inches remaining, lay the end down with no stretch.

**STRIP TWO**

- **ANCHOR:** Place a second strip with no stretch next to the first strip, on the outer edge of your heel.
- **APPLY:** With a light stretch, guide the tape under your heel in front of your ankle bone, parallel to the first strip.
- **FINISH:** With two inches remaining, lay the end down with no stretch.

**WATCH THE VIDEO**
ktape.com/instructions/posterior-shin-splints

**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.