



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

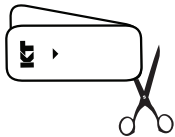
YOU WILL NEED



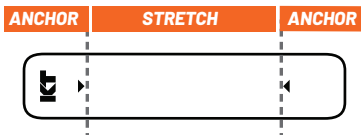
STRIP ONE: Tear backing paper two inches from end to create starting anchors.



ALTERNATIVE: STRIPS TWO AND THREE: Tear backing paper two inches from end to create starting anchors.

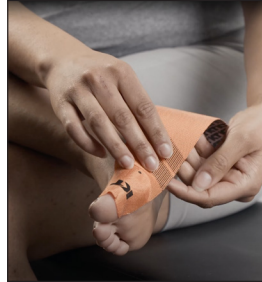


TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.



HOW TO APPLY

STRIP ONE



For this application, place the foot in a relaxed position. For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor on the outside of the big toe with **no stretch**.



Peel backer paper from the middle of the strip. Apply the tape with **moderate stretch** on the inside of the foot wrapping slightly around the back of the ankle. Lay down the second anchor with **no stretch** 2 inches from the end of the strip.

STRIP TWO



Tear backer paper in the center of the half strip and peel it back to expose the middle segment of the adhesive. Apply **moderate stretch** and adhere the tape directly across the bunion pain.



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

STRIP THREE



Tear backer paper in the center of the half strip and peel it back to expose the middle segment of the adhesive. Repeat the same technique as the second strip overlapping the first half strip slightly.



Lay down anchors at both ends with **no stretch**.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.