**BODY POSITION**
While sitting on a chair cross your ankle over your knee.

**BEFORE YOU START**
Apply one hour before beginning activity

**APPLY BEFORE ACTIVITY**
Apply before activity

**CLEAN SKIN**
Clean dirt, oils and lotions from area using rubbing alcohol

**ACTIVATE ADHESIVE**
After application rub tape vigorously to activate adhesive

**YOU WILL NEED**

**STRIP ONE**
Tear backing paper two inches from end to create starting anchor.

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

**(HALF STRIP)**
Fold a full half strip in half and cut folded edge rounding the corners.

**ALL COLORS** of KT Tape® are designed to perform equally.

**STRIP ONE**
ANCHOR: Place the anchor on the outside of the big toe.
APPLY: Lightly stretch the tape along the side of your foot and adhere it to your heel.
FINISH: Apply the last 2 inches with no stretch.

**STRIP TWO**
ANCHOR: Take a half strip and tear the backing paper in the center of the tape. With moderate stretch, apply this strip directly over the point of pain.
MODERATE
APPLY: Lightly stretch the tape along the side of your foot and adhere it to your heel.
FINISH: Apply the ends with no stretch.

**STRIP THREE**
APPLY: If necessary, repeat with the 2nd half strip for added support.
FINISH: Apply the ends with no stretch. Rub the application for improved adhesion.

**WATCH THE VIDEO**
ktape.com/instructions/bunion

**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.**