

TAPE SHIN SPLINTS



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR **BEFORE ACTIVITY**

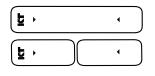


TRIM HAIR

CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

1FULL STRIP + **2 OPTIONAL HALF STRIPS**





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

STRIPS TWO & 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.





WATCH STEP-BY-STEP **VIDEO INSTRUCTIONS.**

HOW TO APPLY

STRIP ONE



While pointing the toes to create a stretch on the shin, place the **anchor** below the point of pain at the top of the shin with **no stretch**.

STRIPS TWO & THREE



Apply tape with moderate stretch along the shin.



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



One at a time, tear backer paper in the center of the half strip and peel back to expose the middle segment of adhesive.



Apply moderate stretch and adhere the strips across the first strip, above and below the pain point.



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.

CAUTION: If you have skin sensitivities, cancer, or are prequant, 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.