SHIN SPLINTS

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

YOU WILL NEED

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

STRIPS TWO & THREE: Tear backing paper two inches from end to create starting anchor.

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.

ANCHOR: Adhere two inches of tape with no stretch at the base of the shin, below the point of pain.

APPLY: With a light stretch, apply tape along the shin, through the area of pain.

FINISH: With two inches remaining, lay the end down with no stretch.

ANCHOR: Adhere two inches of first half strip with no stretch just above the point of pain.

APPLY: With a moderate stretch, apply the tape perpendicular to strip one.

FINISH: With two inches of tape remaining, lay the end down with no stretch.

ANCHOR: Adhere two inches of second half strip with no stretch just above the point of pain.

APPLY: Repeat by adhering the first two inches of the second half strip with no stretch just below the point of pain.

APPLY: With a moderate stretch, apply the tape perpendicular to strip one.

FINISH: With two inches of tape remaining, lay the end down with no stretch.

WATCH THE VIDEO
kttape.com/instructions/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.