ANKLE STABILITY

YOU WILL NEED

STRIPS ONE, TWO & THREE:
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

STRIPE ONE

ANCHOR: Adhere two inches of tape with no stretch on outside of foot.
APPLY: With a moderate stretch, guide the strip under heel and up inside of ankle.
FINISH: With two inches remaining, lay the end down with no stretch.

STRIPE TWO

ANCHOR: Opposite to strip one, anchor strip two with no stretch on inside of foot.
APPLY: With a moderate stretch, guide the strip under heel and up outside of ankle.
FINISH: With two inches of tape remaining, lay the end down with no stretch.

STRIPE THREE

ANCHOR: Next to strip one, anchor with no stretch on outside of heel.
APPLY: With a moderate stretch, wrap around back of heel toward the inner side.
FINISH: Next to strip two, lay the last two inches of tape down with no stretch.

WATCH THE VIDEO
kttape.com/instructions/ankle-stability

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.