



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

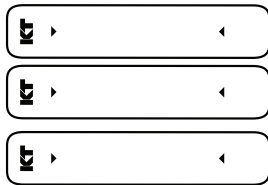


TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

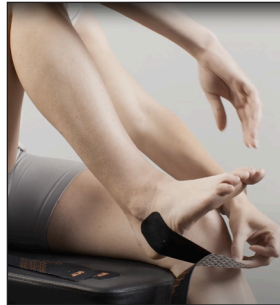


STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.

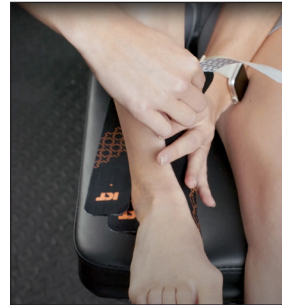


HOW TO APPLY

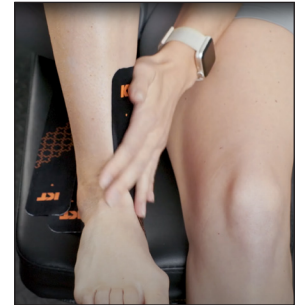
STRIP ONE



For this application, place the ankle in a neutral 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 mid foot with **no stretch**.



Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** underneath the foot and up the inside of the ankle.

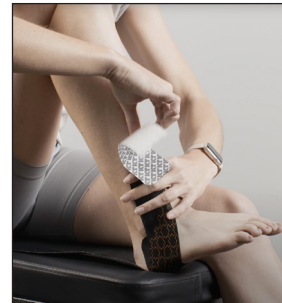


Lay down the second anchor with **no stretch**, using the last 2 inches of tape.

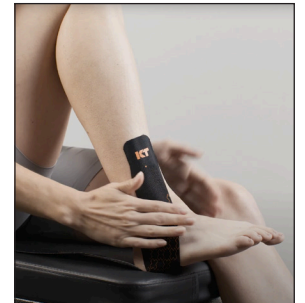
STRIP TWO



Create an anchor at one end of the second strip.



Repeat the same technique as the first strip, starting on the inside of the foot and ending on the outside of the ankle.

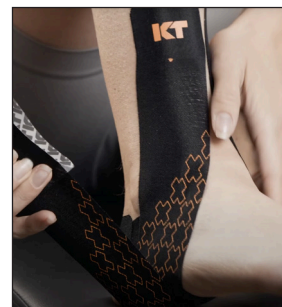


Lay down the second anchor with **no stretch** next to the strip.

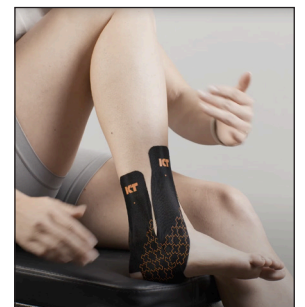
STRIP THREE



Create an anchor at one end of the third strip.



Place the anchor on the outside of the heel with no stretch. Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** around the back, then underneath the heel to cross over the first anchor.



Lay down the second anchor with **no stretch**. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.