

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

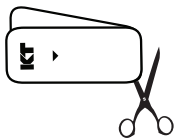
YOU WILL NEED



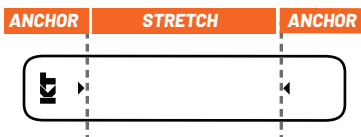
STRIP ONE : Tear backing paper two inches from end to create starting anchors.



ALTERNATIVE: 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 starting edge rounding the corners.

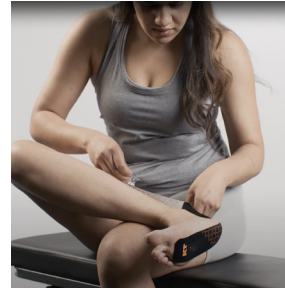


HOW TO APPLY

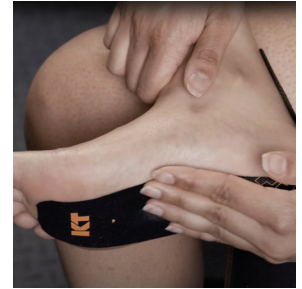
STRIP ONE



For this application, place the ankle at a 90-degree angle. Tear backer paper 2 inches from end to create your first anchor. Place the anchor on the bottom of the foot with **no stretch**.



Peel backer paper from middle segment of the strip. Apply tape along the bottom of the foot with **moderate stretch** and up the back of the heel.



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

STRIP TWO

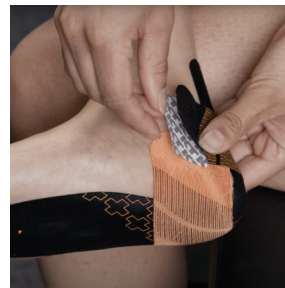


Tear backer paper in the center of a half strip and peel back to expose the middle segment of adhesive. Apply **moderate stretch** and adhere the strips across the first strip, underneath and behind the heel.



Lay down the last 2 inches at each end with **no stretch**.

STRIP THREE



Tear backer paper in the center of a half strip and peel back to expose the middle segment of adhesive. Apply **moderate stretch** and adhere the strips across the first strip, underneath and behind the heel.



Lay down the last 2 inches at each end with **no stretch**.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.