HEEL

YOU WILL NEED

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

STRIPS TWO & THREE:
Tear backing paper at the center of the half strips to begin application.

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.

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

WATCH THE VIDEO
kttape.com/instructions/heel

BODY POSITION
While sitting, cross your ankle over your knee. Bring your ankle and toes up into a flexed position.

STRIP ONE

ANCHOR: Place your anchor with no stretch on the bottom of the foot directing the tape toward the heel.

APPLY: Using one hand to hold your anchor in place, apply an even, moderate stretch, adhering the strip to the bottom of your heel.

NO STRETCH
MODERATE STRETCH
NO STRETCH

STRIP TWO

ANCHOR: Tear the backing paper of the first half strip in its center. With moderate stretch, apply the center of the strip over the bottom of your heel.

APPLY: Bring both ends up the inner and outer sides of your heel. Apply your anchors with no stretch.

NO STRETCH
MODERATE STRETCH
NO STRETCH

STRIP THREE

ANCHOR: Repeat with second half strip, applying over the back of your heel with moderate stretch.

APPLY: Apply your anchors with no stretch. Gently rub for good adhesion.

NO STRETCH
NO STRETCH

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.