

# APPLICATION INSTRUCTIONS

## INJURY: ACHILLES TENDONITIS

SHAPE: 



### TIME IT RIGHT

Shapes can be applied at any time. When participating in athletics or fitness, apply 1-2 hours before beginning activity.



### CUSTOMIZE STRETCH

Mild stretch (no more than 1") for daily wear or moderate to light athletics.



### PREP SKIN COMPLETELY

Thoroughly wash and dry area to remove oils, moisture or dirt from skin. Shorten any hair present through trimming or remove with shaving. Apply with skin and the RAPIDFORCE shape at room temperature.



### SECURE BOND

Once shape is applied, rub vigorously to activate and maximize adhesive bond to skin.



1. **Anchor the end of the I.** Peel off the backing of one end of the I and place over the heel. Press to secure bond.



2. **Apply remainder of I.** Peel off the backing of the majority of the I, leaving the opposite end tab in place. Point the foot slightly downward and stabilize the end tab on the heel with one hand. Customize the stretch for level of activity and pull upward toward the calf. Smooth the fabric onto the skin moving from the end tab upwards. Remove the backing from the last end tab and place on the skin (do not stretch this small piece). Press over the entire I for about 10 seconds to secure bond.



3. The RAPIDFORCE Shape should look like the image shown when it has been applied.



### REMOVE SLOWLY

To remove pull from the end of strip to the center. If hair is present, to reduce discomfort, pull in the direction of the hair's growth.

Tip: For easier removal, remove in shower using mild soap and warm water.

*This is a single use product. Discontinue use immediately if your pain increases or your skin reacts. Do not use a heating pad with this product. Do not place product over an open wound.*

**RAPIDFORCE™**