

KT TAPE®

KINESIOLOGY THERAPEUTIC TAPE

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

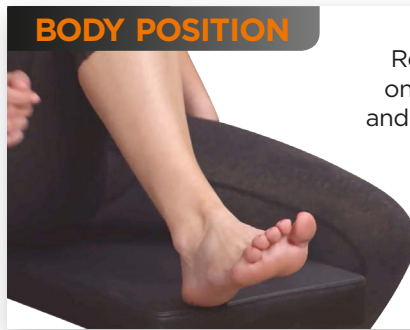
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

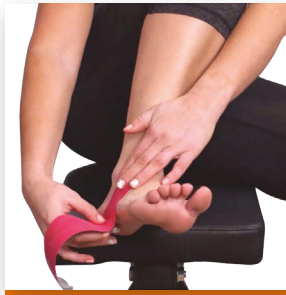


BODY POSITION



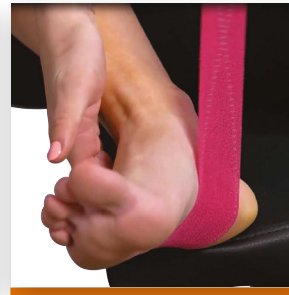
Rest your ankle on a flat surface and flex the ankle in an upward direction.

STRIP ONE



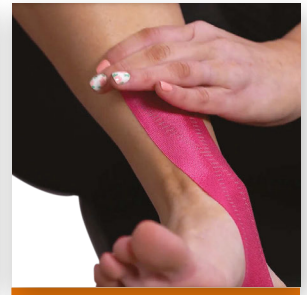
NO STRETCH

ANCHOR: Adhere two inches of tape with no stretch on outside of foot.



MODERATE STRETCH

APPLY: With a moderate stretch, guide the strip under heel and up inside of ankle.



NO STRETCH

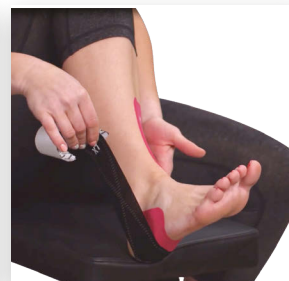
FINISH: With two inches remaining, lay the end down with no stretch.

STRIP TWO



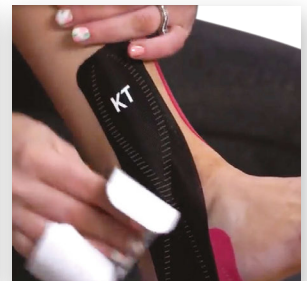
NO STRETCH

ANCHOR: Opposite to strip one, anchor strip two with no stretch on inside of foot.



MODERATE STRETCH

APPLY: With a moderate stretch, guide the strip under heel and up outside of ankle.



NO STRETCH

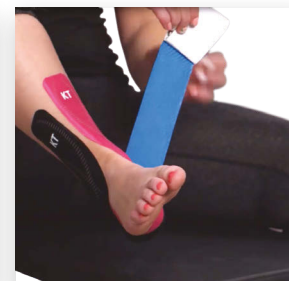
FINISH: With two inches of tape remaining, lay the end down with no stretch.

STRIP THREE



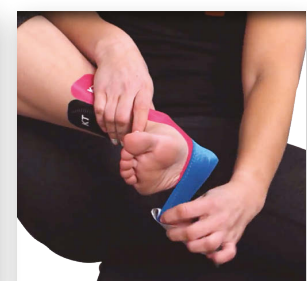
NO STRETCH

ANCHOR: Next to strip one, anchor with no stretch on outside of heel.



MODERATE STRETCH

APPLY: With a moderate stretch, wrap around back of heel toward the inner side.



MODERATE STRETCH

APPLY: Continue to stretch and follow the arch, curving under heel and up the outside of the ankle.

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.**