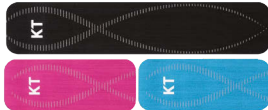


ACHILLES TENDONITIS

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 strips to begin application.

ALL COLORS of KT Tape® are designed to perform equally.



TO CREATE A HALF STRIP:
Fold a full strip in half and cut folded edge rounding the corners.

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

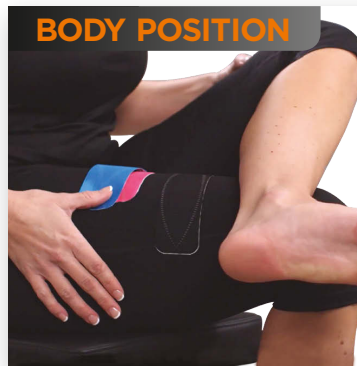
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



Sit on a chair and cross your ankle over your knee. Flex your ankle in the upward direction.

STRIP ONE



NO STRETCH

ANCHOR: Adhere two inches of tape with no stretch on the bottom of the arch.



LIGHT STRETCH

APPLY: With a light stretch, apply tape under the heel and through the point of pain.

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

STRIP TWO



MODERATE STRETCH

With a moderate stretch, adhere center of half strip directly below point of pain.

FINISH: With two inches of tape remaining, lay both ends down with no stretch.

STRIP THREE



MODERATE STRETCH

Repeat by adhering center of second half strip directly above point of pain with a moderate stretch.

FINISH: With two inches of tape remaining, lay both ends down with no stretch.



WATCH THE VIDEO

kttape.com/instructions/achilles-tendonitis