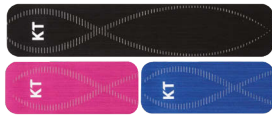


KT TAPE®

KINESIOLOGY THERAPEUTIC TAPE

TOP OF FOOT

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

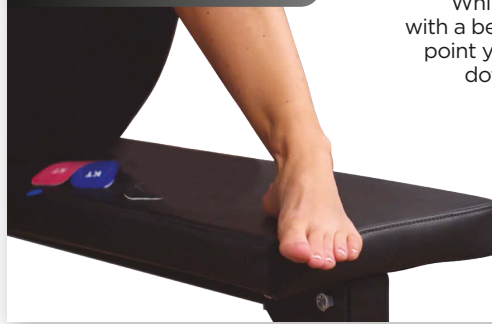
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

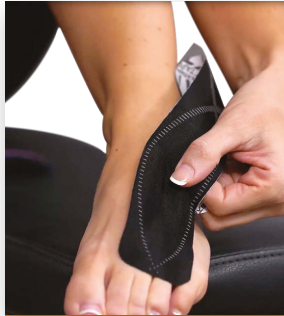


BODY POSITION



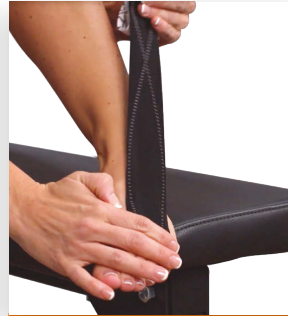
While sitting with a bent knee, point your toes downward.

STRIP ONE



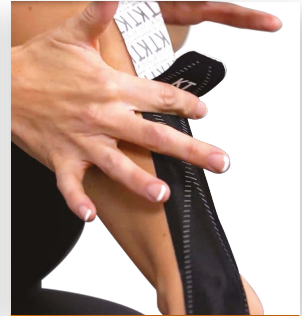
NO STRETCH

ANCHOR: Place your anchor with no stretch directly above the base of your toes, directing the tape toward your knee.



MODERATE STRETCH

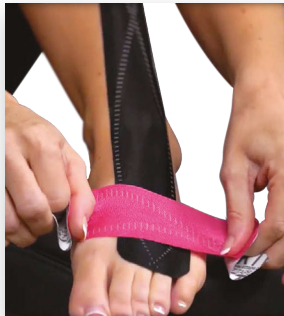
APPLY: Apply a moderate stretch to the strip and adhere the tape up the front of your shin.



NO STRETCH

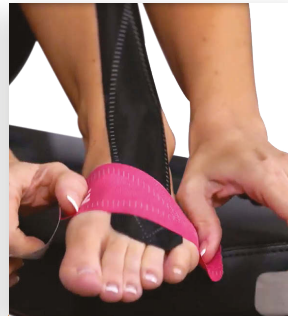
APPLY: With two inches remaining, lay the end down with no stretch.

STRIP TWO



MODERATE STRETCH

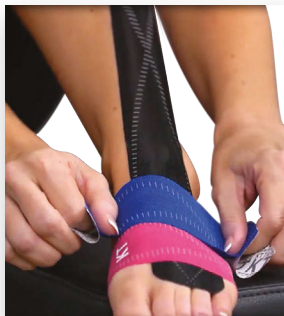
APPLY: With a half strip, create an even moderate stretch and apply directly over the point of pain.



NO STRETCH

ANCHOR: Apply anchors with no stretch over the inner and outer bottom sides of your foot.

STRIP THREE



MODERATE STRETCH

APPLY: Repeat with a second half strip just below the first strip.



NO STRETCH

ANCHOR: Apply anchors with no stretch over the inner and outer bottom sides of your foot.



WATCH THE VIDEO

kttape.com/instructions/top-of-foot