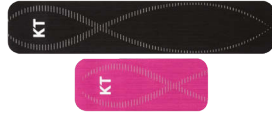


PERONEAL TENDONITIS

YOU WILL NEED



STRIP ONE:

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

STRIP TWO:

Tear backing paper at the center of the half strip 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, position yourself with the foot of the leg you will tape resting on the chair.

STRIP ONE



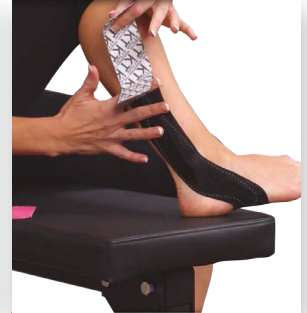
NO STRETCH

ANCHOR: Place a 2 inch anchor with no stretch, outside of your mid foot directing the tape toward your heel.



LIGHT STRETCH

APPLY: Next, position your foot so that your toes are lower than your ankle and pointed inward. Apply a light stretch on the tape and apply in the direction of your heel.

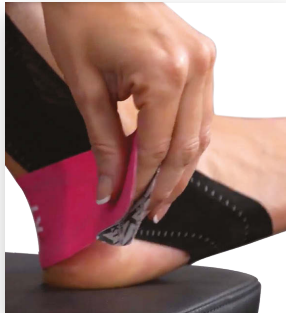


NO STRETCH

FINISH: As you approach your heel, pull your toes up and apply the strip, curving around your ankle.

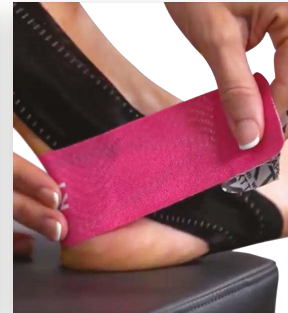
Apply the 2nd anchor with no stretch.

STRIP TWO



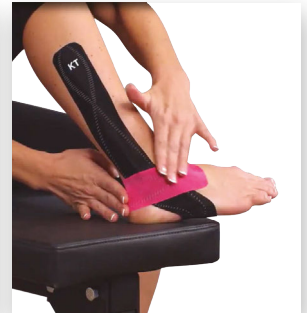
NO STRETCH

ANCHOR: While toes are pointed up, apply anchor of half strip with no stretch over the back of the achilles.



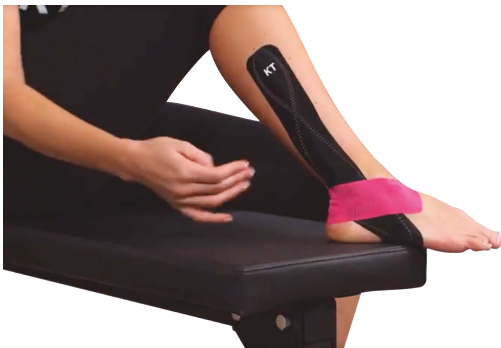
MODERATE STRETCH

APPLY: Next, while holding the anchor with one hand, apply a moderate stretch across the ankle bone.



NO STRETCH

FINISH: As you move your ankle into a downward position, apply the remaining anchor just above the front of your ankle.



WATCH THE VIDEO

kttape.com/instructions/peroneal-tendonitis