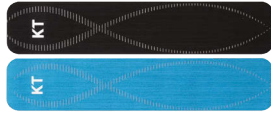


## CALF

### YOU WILL NEED



**STRIPS ONE & TWO:** 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

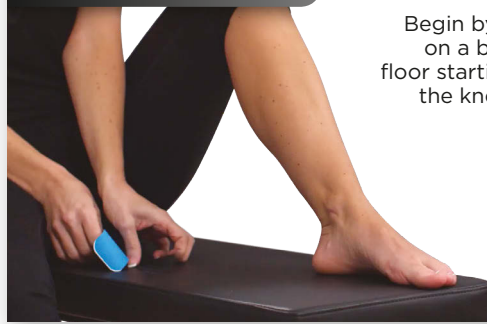
Clean dirt, oils and lotions from area with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

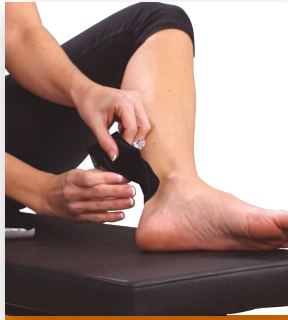


### BODY POSITION



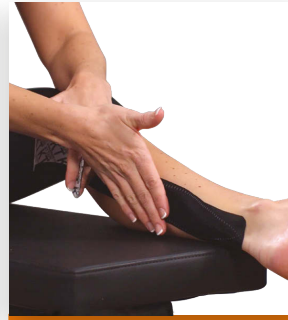
Begin by sitting on a bench or floor starting with the knee bent.

### STRIP ONE



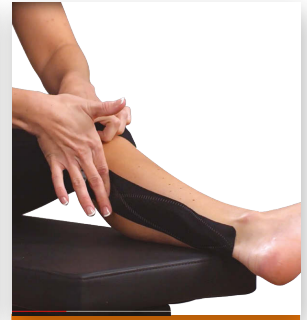
**NO STRETCH**

**ANCHOR:** Adhere two inches of tape with no stretch at the base of the calf, on one side of the ankle.



**LIGHT STRETCH**

**APPLY:** With a light stretch, apply the tape along one side of the calf, stopping two inches below the back of knee.



**NO STRETCH**

**FINISH:** With two inches remaining, lay the end down with no stretch, careful to avoid the back of knee.

### STRIP TWO



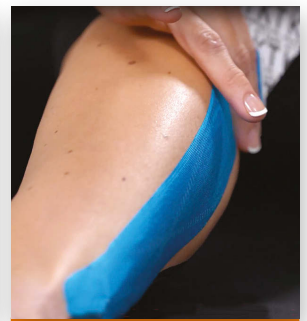
**NO STRETCH**

**ANCHOR:** Anchor next to strip one with no stretch, on the other side of the ankle.



**LIGHT STRETCH**

**APPLY:** With a light stretch, apply strip two along the calf, stopping two inches below the back of knee.



**NO STRETCH**

**FINISH:** With two inches remaining, lay the end down with no stretch, careful to avoid the back of knee.



### WATCH THE VIDEO

[kttape.com/instructions/calf](http://kttape.com/instructions/calf)