

## PLANTAR FASCIITIS

### YOU WILL NEED



**STRIP ONE:**  
Tear backing paper two inches from end to create starting anchor.

**STRIPS TWO & THREE:** Tear backing paper two inches from end to create starting anchor.

**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



In a sitting position, cross your ankle over your knee with your ankle and toes flexed upward.

### STRIP ONE



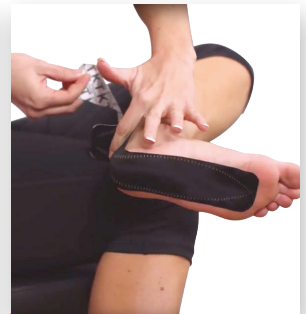
#### NO STRETCH

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



#### MODERATE STRETCH

**APPLY:** With a moderate stretch, apply tape along bottom of foot and up the back of heel.



#### NO STRETCH

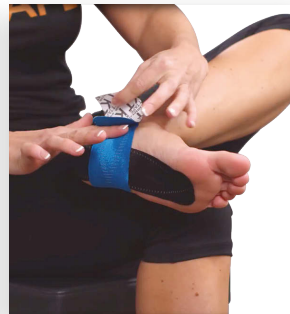
**FINISH:** With two inches remaining, lay the end down with no stretch.

### STRIP TWO



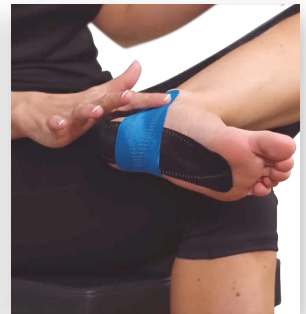
#### NO STRETCH

**ANCHOR:** Adhere two inches of the first half strip with no stretch on the outside of the foot, just ahead of the heel.



#### MODERATE STRETCH

**APPLY:** With a moderate stretch, apply the tape across the bottom of the foot, toward the inside of the ankle.



#### NO STRETCH

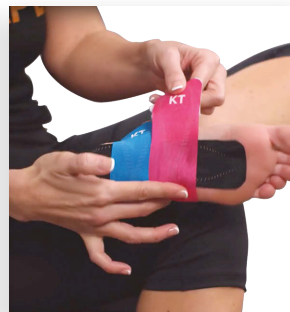
**FINISH:** With two inches of tape remaining, lay the end down with no stretch.

### STRIP THREE



#### NO STRETCH

**ANCHOR:** Repeat by anchoring the second half strip with no stretch just ahead of strip two.



#### MODERATE STRETCH

**APPLY:** With a moderate stretch, apply the tape directly over the point of pain.



#### NO STRETCH

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



### WATCH THE VIDEO

[kttape.com/instructions/plantar-fasciitis](http://kttape.com/instructions/plantar-fasciitis)