

TURF TOE

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.

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



While sitting, cross your ankle over your opposite knee.

PREPARE:

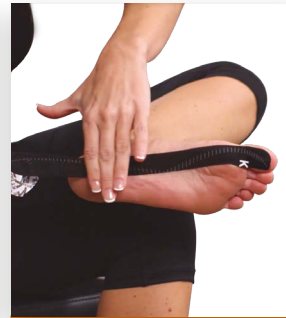
Cut a strip of tape vertically to create two, one-inch wide strips.

STRIP ONE



NO STRETCH

ANCHOR: Apply anchor on the bottom of your big toe with no stretch.



MODERATE STRETCH

APPLY: With a moderate stretch, apply up the bottom of the foot and along the back of the heel with no stretch on the opposite end.

STRIP TWO



MODERATE STRETCH

ANCHOR: Tear backing paper of second strip in its center. Guide it between your first and second toes with a moderate stretch.



NO STRETCH

APPLY: Next lay day the ends underneath the toe diagonally with no stretch.



NO STRETCH



NO STRETCH



WATCH THE VIDEO

kttape.com/instructions/turf-toe