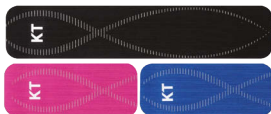


BUNION

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.



(HALF STRIP):
Fold a full half 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 using rubbing alcohol

ACTIVATE ADHESIVE

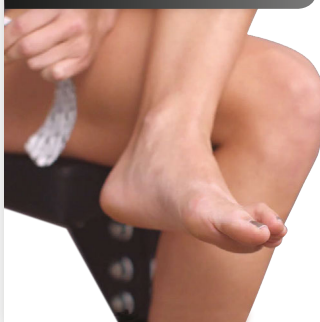
After application rub tape vigorously to activate adhesive



WATCH THE VIDEO

kttape.com/instructions/bunion

BODY POSITION



While sitting on a chair cross your ankle over your knee.

STRIP ONE



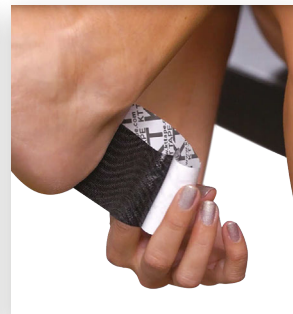
NO STRETCH

ANCHOR: Place the anchor on the outside of the big toe.



LIGHT STRETCH

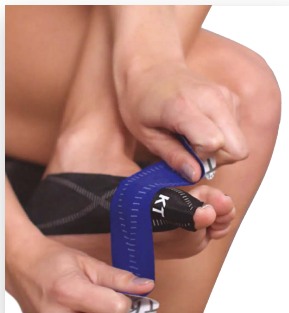
APPLY: Lightly stretch the tape along the side of your foot and adhere it to your heel.



NO STRETCH

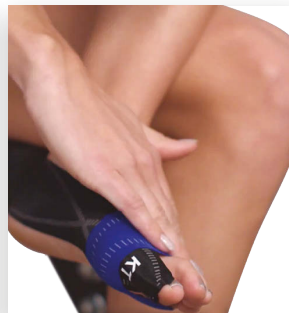
FINISH: Apply the last 2 inches with no stretch.

STRIP TWO



MODERATE

ANCHOR: Take a half strip and tear the backing paper in the center of the tape. With moderate stretch, apply this strip directly over the point of pain.



NO STRETCH

FINISH: Apply the ends with no stretch

STRIP THREE



NO STRETCH

APPLY: If necessary, repeat with the 2nd half strip for added support.



NO STRETCH

FINISH: Apply the ends with no stretch. Rub the application for improved adhesion.