

BALL OF FOOT

YOU WILL NEED



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



STRIP TWO & THREE:
Tear backing paper at the center of strips 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 using rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously

BODY POSITION



While sitting, bring your ankle and toes up into a flexed position.

STRIP ONE



NO STRETCH

ANCHOR: Place your anchor with no stretch on the ball of the foot directing the tape towards the heel.



MODERATE

APPLY: Using one hand to hold your anchor in place, apply an even, moderate stretch. Secure the strip onto the bottom or your foot.



NO STRETCH

FINISH: Apply the remaining portion of this strip with no stretch up the back of the heel.

STRIP TWO



MODERATE

APPLY: Take one half strip and tear the paper backing in its center. Apply your half strip by applying an even moderate stretch.



NO STRETCH

APPLY: Apply your anchors with no stretch over the inner and outer topsides of your foot.

STRIP THREE



MODERATE

APPLY: Take your second half strip and repeat just behind the first strip.



NO STRETCH

FINISH: Rub the application for improved adhesion.



WATCH THE VIDEO

kttape.com/instructions/ball-of-foot