

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## POSTERIOR SHIN SPLINTS

### 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



In a seated position, cross your ankle over your knee. Lift your ankle upward, with an outward rotation.

### STRIP ONE



#### NO STRETCH

**ANCHOR:** Place a two inch anchor with no stretch on the outer edge of your heel.



#### LIGHT STRETCH

**APPLY:** With a light stretch, guide the tape under your heel and along the inside of your ankle. Continue behind your ankle bone, toward your knee.



#### NO STRETCH

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

### STRIP TWO



#### NO STRETCH

**ANCHOR:** Place a second strip with no stretch next to the first strip, on the outer edge of your heel.



#### LIGHT STRETCH

**APPLY:** With a light stretch, guide the tape under your heel in front of your ankle bone, parallel to the first strip.



#### NO STRETCH

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



### WATCH THE VIDEO

<https://physioproductskenya.com>