

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





STRIP ONE



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

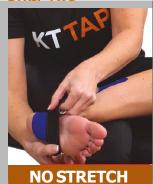


APPLY: With a light stretch, guide the tape under your heel and along the inside of your ankle. Continue behind your ankle bone, toward your knee.



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

STRIP TWO



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



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



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

