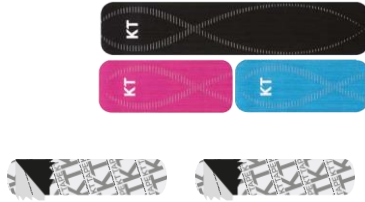


K TAPE

KINESIOLOGY THERAPEUTIC TAPE

SHIN SPLINTS

YOU WILL NEED



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

STRIPS TWO & THREE: Tear backing paper two inches from end to create starting anchor.



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 with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION

Sit on the ground with your foot resting on the ground.

STRIP ONE



NO STRETCH



LIGHT STRETCH



NO STRETCH

ANCHOR: Adhere two inches of tape with no stretch at the base of the shin, below the point of pain.

APPLY: With a light stretch, apply tape along the shin, through the area of pain.

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

STRIP TWO



NO STRETCH



MODERATE STRETCH



NO STRETCH

ANCHOR: Adhere two inches of first half strip with no stretch just above the point of pain.

APPLY: With a moderate stretch, apply the tape perpendicular to strip one.

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

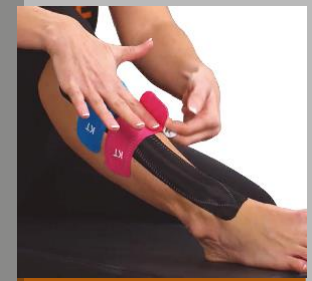
STRIP THREE



MODERATE STRETCH



MODERATE STRETCH



NO STRETCH

APPLY: Repeat by adhering the first two inches of the second half strip with no stretch just below the point of pain.

APPLY: With a moderate stretch, apply the tape perpendicular to strip one.

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



WATCH THE VIDEO

<https://physioproductskenya.com>