

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## ANKLE STABILITY

### YOU WILL NEED



#### STRIPS ONE, TWO & THREE:

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

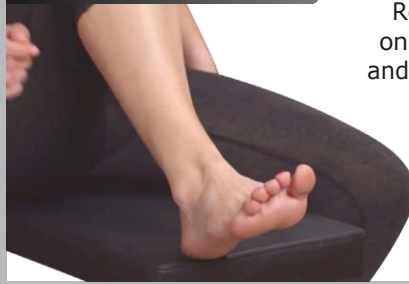
Clean dirt, oils and lotions from area with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

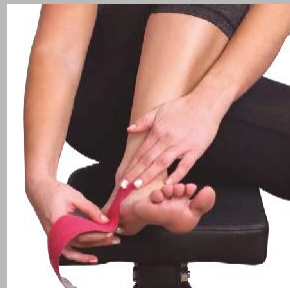


### BODY POSITION



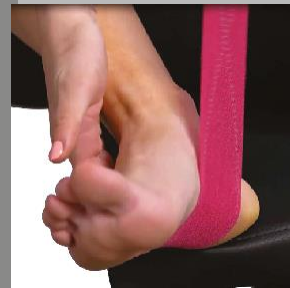
Rest your ankle on a flat surface and flex the ankle in an upward direction.

### STRIP ONE



#### NO STRETCH

**ANCHOR:** Adhere two inches of tape with no stretch on outside of foot.



#### MODERATE STRETCH

**APPLY:** With a moderate stretch, guide the strip under heel and up inside of ankle.



#### NO STRETCH

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

### STRIP TWO



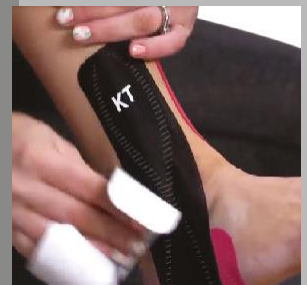
#### NO STRETCH

**ANCHOR:** Opposite to strip one, anchor strip two with no stretch on inside of foot.



#### MODERATE STRETCH

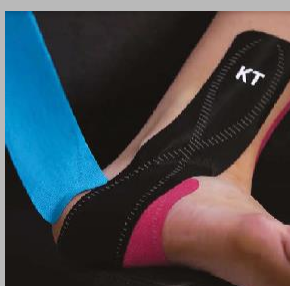
**APPLY:** With a moderate stretch, guide the strip under heel and up outside of ankle.



#### NO STRETCH

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

### STRIP THREE



#### NO STRETCH

**ANCHOR:** Next to strip one, anchor with no stretch on outside of heel.



#### MODERATE STRETCH

**APPLY:** With a moderate stretch, wrap around back of heel toward the inner side.



#### MODERATE STRETCH

**APPLY:** Continue to stretch and follow the arch, curving under heel and up the outside of the ankle.

**FINISH:** Next to strip two, lay the last two inches of tape down with no stretch.



### WATCH THE VIDEO

<https://physioproductskenya.com>

**CAUTION:** If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. K TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**