

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## CALF

### 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

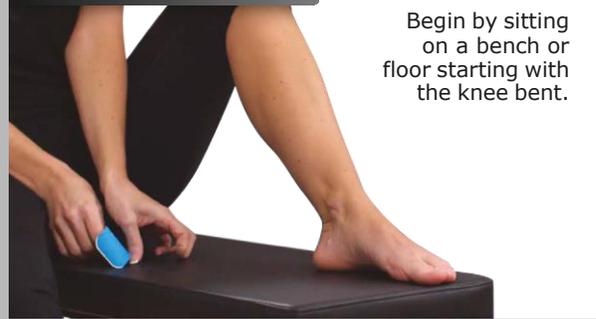
Clean dirt, oils and lotions from area with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION



Begin by sitting on a bench or floor starting with the knee bent.

### STRIP ONE



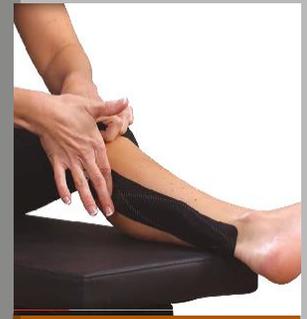
#### NO STRETCH

**ANCHOR:** Adhere two inches of tape with no stretch at the base of the calf, on one side of the ankle.



#### LIGHT STRETCH

**APPLY:** With a light stretch, apply the tape along one side of the calf, stopping two inches below the back of knee.



#### NO STRETCH

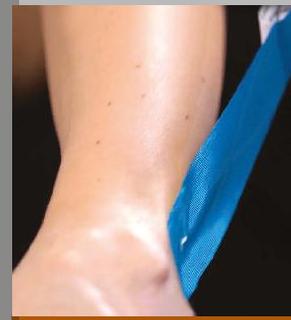
**FINISH:** With two inches remaining, lay the end down with no stretch, careful to avoid the back of knee.

### STRIP TWO



#### NO STRETCH

**ANCHOR:** Anchor next to strip one with no stretch, on the other side of the ankle.



#### LIGHT STRETCH

**APPLY:** With a light stretch, apply strip two along the calf, stopping two inches below the back of knee.



#### NO STRETCH

**FINISH:** With two inches remaining, lay the end down with no stretch, careful to avoid the back of knee.



### 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.**