

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## HEEL

### YOU WILL NEED



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

**STRIPS TWO & THREE:** Tear backing paper at the center of the half strips to begin application.



**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



While sitting, cross your ankle over your knee. Bring your ankle and toes up into a flexed position.

### STRIP ONE



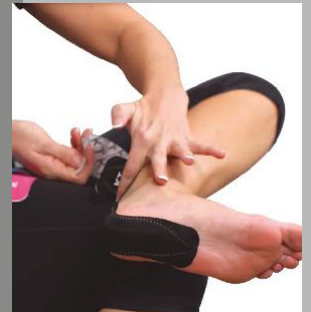
#### NO STRETCH

**ANCHOR:** Place your anchor with no stretch on the bottom of the foot directing the tape toward the heel.



#### MODERATE STRETCH

**APPLY:** Using one hand to hold your anchor in place, apply an even, moderate stretch, adhering the strip to the bottom of your heel.



#### NO STRETCH

Apply the remaining portion of this strip with no stretch up the back of the heel.

### STRIP TWO



#### MODERATE STRETCH

**ANCHOR:** Tear the backing paper of the first half strip in its center. With moderate stretch, apply the center of the strip over the bottom of your heel.



#### NO STRETCH

**APPLY:** Bring both ends up the inner and outer sides of your heel. Apply your anchors with no stretch.

### STRIP THREE



#### NO STRETCH

**ANCHOR:** Repeat with second half strip, applying over the back of your heel with moderate stretch.



#### NO STRETCH

**APPLY:** Apply your anchors with no stretch. Gently rub for good adhesion.



### WATCH THE VIDEO

<https://physioproductskenya.com>