

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

PLANTAR FASCIITIS

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.

ALL COLORS of KT Tape® are designed to perform equally.



TO CREATE A HALF STRIP:
Fold a full strip in half and cut folded edge rounding the corners.

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



In a sitting position, cross your ankle over your knee with your ankle and toes flexed upward.

STRIP ONE



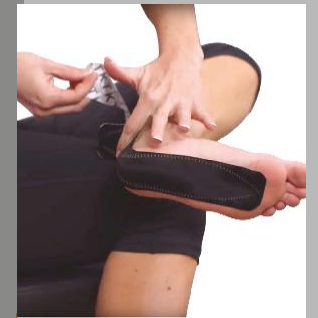
NO STRETCH

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



MODERATE STRETCH

APPLY: With a moderate stretch, apply tape along bottom of foot and up the back of heel.



NO STRETCH

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

STRIP TWO



NO STRETCH

ANCHOR: Adhere two inches of the first half strip with no stretch on the outside of the foot, just ahead of the heel.



MODERATE STRETCH

APPLY: With a moderate stretch, apply the tape across the bottom of the foot, toward the inside of the ankle.



NO STRETCH

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

STRIP THREE



NO STRETCH

ANCHOR: Repeat by anchoring the second half strip with no stretch just ahead of strip two.



MODERATE STRETCH

APPLY: With a moderate stretch, apply the tape directly over the point of pain.



NO STRETCH

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



WATCH THE VIDEO

<https://physioproductskenya.com>

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