

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## TOP OF FOOT

### 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 with a bent knee, point your toes downward.



### STRIP ONE



#### NOSTRETCH

**ANCHOR:** Place your anchor with no stretch directly above the base of your toes, directing the tape toward your knee.



#### MODERATE STRETCH

**APPLY:** Apply a moderate stretch to the strip and adhere the tape up the front of your shin.



#### NO STRETCH

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

### STRIP TWO



#### MODERATE STRETCH

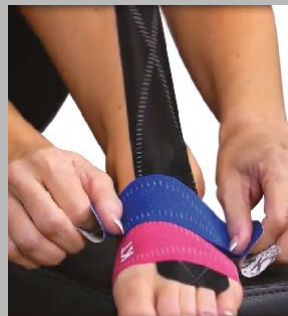
**APPLY:** With a half strip, create an even moderate stretch and apply directly over the point of pain.



#### NOSTRETCH

**ANCHOR:** Apply anchors with no stretch over the inner and outer bottom sides of your foot.

### STRIP THREE



#### MODERATE STRETCH

**APPLY:** Repeat with a second half strip just below the first strip.



#### NO STRETCH

**ANCHOR:** Apply anchors with no stretch over the inner and outer bottom sides of your foot.



### 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.**