

PERFORMANCE MEETS SCIENCE™



Tape SHIN SPLINTS



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1 Place the knee at a 90-degree angle and point toes away from shin.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip



2 Anchor end of half-strip on side of shin opposite pain.



3 Apply with 90% stretch across pain.



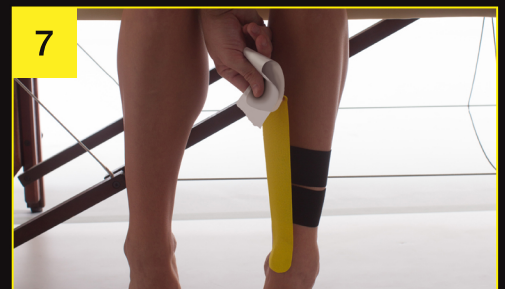
4 Lay end down with no stretch.



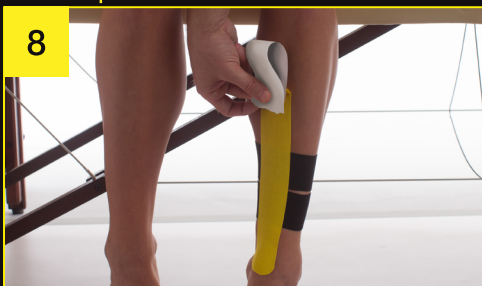
5 Repeat with second half-strip above or below first strip to cover pain.



6 Anchor full-strip below half-strips on side of pain.



7 Apply 50% stretch towards knee and over painful area.



8 Lay end down with no stretch.



9 Rub application well to securely fix all edges to skin.