

## **APPLICATION OVERVIEW:**

This application can be used to relieve pressure, provide support, and increase circulation to the area.

### **ITEMS NEEDED:**

2 pre-cut strips of StrengthTape Scissors



Avoid touching the ends of the tape.

Clean any oils and

lotions form area.



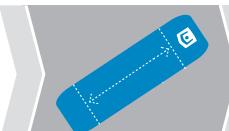
After applying, firmly rub the tape to activate adhesive.



Trim excess hair for better adhesion.

# **PLANTAR FASCIITIS**





Always anchor the first and last two inches with absoultely no stretch.

### **BODY POSITION:**



Flex foot, pointing toes up toward shin.



Anchor the 1st strip on ball of foot. With 50% stretch, apply over the heel and up the achilies tendon.

**STEP 2:** 



Anchor the 2nd strip on the inside ankle bone. With 50% stretch, apply under the foot and anchor on the outside ankle.

#### STEP 3:



Anchor the 3rd strip on the inside ankle bone angled toward the arch. Apply under the foot with 50% stretch and anchor on the outside ankle. STEP 4:

STEP 1:



Firmly rub to activate adhesive.

Please seek care if you have extreme pain, swelling, difficulty walking, or unnatural joint movements. These instructions are for educational purposes only and should not be used in place of professional medical treatment. Copyright Endevr LLC. All rights Reserved.