

## Application Instructions - Kinesio Tape Precut Foot Tape

### General Instructions

Before applying tape, make sure skin is clean and dry. After applying, rub tape briskly to activate adhesive. Do not shower or exercise for at least 30 minutes after applying tape. It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.

#### Step 1



This package contains enough tape for 2 applications. Take one pink fan-strip. If necessary, use cutting guides on tape backing to cut ends to correct length. Take the blue I-strip and cut in half where the tape backing indicates "tear paper here." This creates an additional I-strip for a second application.

#### Step 2



Take one pink fan-strip and tear backing where indicated. Remove backing from base end of tape and apply end of tape to back of heel. With the foot in a flexed position (toes up), remove backing from outside tail and apply tape along bottom of foot, ending just below the toe joint.

#### Step 3



Repeat procedure for remaining tails so that tape tails are spread evenly across the bottom of the foot. Cut blue I-strip in half where tape backing indicates "tear paper here." This creates an additional I-strip for a 2nd application. Tear backing approximately 1" from end. Apply base of tape on outside of foot near center of the outside arch.

#### Step 4



Begin removing backing and applying tape across arch, pulling up to create moderate tension on the tape. After taping the arch, release tension on tape and continue applying towards top of foot. To avoid skin irritation, the end of the tape should be applied with no stretch.