

**BALL OF FOOT**

**AVERAGE DAYS WEAR**



**APPLICATION OVERVIEW**

The ball of the foot is where the toes join the rest of the foot. The area is very muscular and is the site where many athletes put the majority of the pressure during performance. Impact can be intense, twisting on the area is common, and without sufficient rest the area can become very worn and painful. Many smaller muscles, bones, ligaments, and tendons, and nerves all converge here as well. Causes of pain on the ball of the foot may include overuse, excessive running on hard surfaces, form-fitting or worn shoes, weight gain, or nerve issues. KT Tape reduces pressure over the painful area, relieving pain.

**WHAT YOU NEED**

- 2 strips of KT TAPE
- 1 full 10" strip
- 1 full 10" strip cut in half

**BEFORE YOU START**

**APPLY BEFORE ACTIVITY**

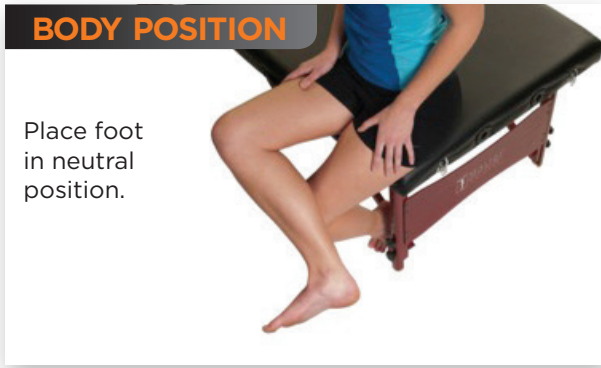
Apply one hour before beginning activity

**CLEAN SKIN**

Clean dirt, oils and lotions from area

**ACTIVATE ADHESIVE**

After application rub tape vigorously to activate adhesive



**BODY POSITION**

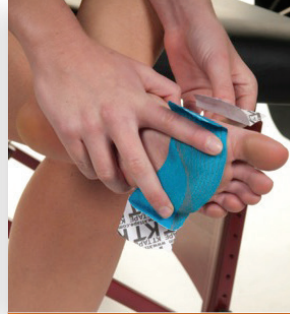
Place foot in neutral position.

**STRIP ONE**



**80% STRETCH**

**ANCHOR:** Anchor the middle of a half strip of tape over the point of pain with 80% stretch.



**0% STRETCH**

**FINISH:** Lay down the ends without stretch.

A second half strip can be applied over the first strip for additional support if desired.

**STRIP TWO**



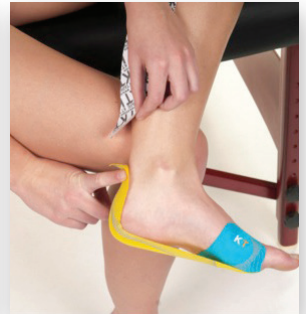
**0% STRETCH**

**ANCHOR:** Point toes up. Anchor a full strip behind the toes.



**50% STRETCH**

**APPLY:** Apply the tape down the foot and up the back of the heel with 50% stretch.



**0% STRETCH**

**APPLY:** Lay the last two inches of the tape down without stretch.



**0% STRETCH**

**FINISH:** Smooth the tape against the skin.



**WATCH THE VIDEO**

[kttape.com/instructions/ball-of-foot](http://kttape.com/instructions/ball-of-foot)