

SHIN SPLINTS

AVERAGE DAYS WEAR

KT TAPE PRO

APPLICATION OVERVIEW

The shin serves to point the toes and foot upwards (dorsiflexion). Causes of shin splints may include overuse, inflammation, poorly fitting or worn shoes, drastic increases in activity, or changes in running surfaces. KT Tape helps treat the condition by relaxing associated muscles, relieving pressure on tissue to reduce pain, and increasing circulation.

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







STRIP ONE



ANCHOR: Anchor a full strip at the base of the shin without stretch.



APPLY: Apply the tape up the shin over the area of pain with 50% stretch.



FINISH: Apply the last 2 inches of the tape without stretch.

STRIP TWO



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



APPLY: Apply ends of tape without stretch.

STRIP THREE



ANCHOR: Anchor middle of a second half strip above the point of pain with 80% stretch.



APPLY: Lay the ends down without stretch.