

PERFORMANCE MEETS SCIENCE™



Tape

ACHILLES TENDINITIS



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1 Bring toes toward 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 middle portion of half-strip with 90% stretch over most intense point of pain.



3 Lay each end down with no stretch.



4 Repeat with second half-strip above or below first strip depending on location of pain.



5 Anchor full-strip on bottom of foot just in front of heel.



6 Apply 50% stretch along the achilles tendon and up the calf.



7 Press edges of tape around tendon and onto skin.



8 Lay end down with no stretch.



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

GO Tape™ is not a substitute for medical care. Discontinue use if pain or irritation occurs. Instructions and recommendations that are provided herein and elsewhere are suggestions for product use and are not medical advice. GO Tape™ does not warrant or guarantee any particular results or improvement in performance. Do not use if you have a history of cancer or blood clots. Do not apply over active skin infection or open wounds. Please consult with a healthcare professional prior to use if you have a history of diabetes, kidney disease, heart disease, or infection. GO Tape™ Milpitas, CA 95035