

PERFORMANCE MEETS SCIENCE™



Tape

ANKLE STABILITY



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1 Place ankle at 90 degrees



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 full-strip above outside of ankle with enough length to reach opposite side of foot.



3 Apply to opposite side of foot with 50% stretch.



4 Lay end down on opposite side of ankle with no stretch.



5 Anchor second full-strip along the side of the foot.



6 Apply around heel and then to bottom of foot with 50% stretch.



8 Lay end down with no stretch.



9 Repeat steps 5-8 on opposite side of the foot.



10 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