

CALF

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The calf muscles are responsible for extending the foot in the push-off phase of running. These muscles are often subjected to soreness as a result of overuse injuries such as inflammation and tissue damage. KT Tape helps treat this condition by relaxing the muscles, increasing circulation, and reducing pressure.

WHAT YOU NEED

2-3 strips of KT TAPE

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

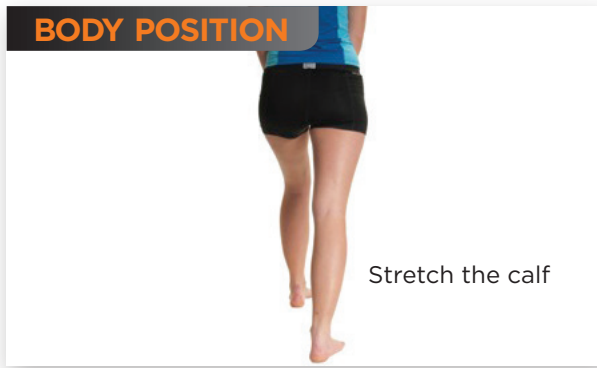
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

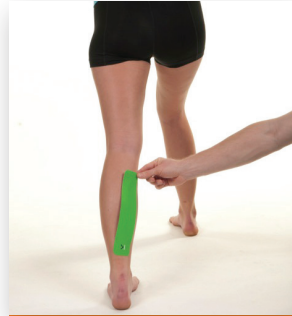


BODY POSITION



Stretch the calf

STRIP ONE



0% STRETCH

ANCHOR: Anchor a full strip three inches above the base of the heel without stretch



25% STRETCH

APPLY: Apply tape around medial side of the calf with 25%



0% STRETCH

FINISH: Apply the last two inches of the tape without stretch

STRIP TWO



0% STRETCH

ANCHOR: Apply a full strip of tape around the lateral side of the calf to form a V using the same technique used with the first strip.



0% STRETCH

APPLY: tape 2-3 inches below the point of pain

EXTRA: A third strip can be applied in the middle of the first two strips if additional support is desired.



WATCH THE VIDEO

kttape.com/instructions/calf