

## ACHILLES TENDONITIS

### AVERAGE DAYS WEAR

KT TAPE   
PRO

### APPLICATION OVERVIEW

The Achilles tendon is the largest tendon in the body. It connects the calf muscles to the heel and is active during almost all activities including walking, jumping, and swimming. This dense tendon can withstand large forces, but can become inflamed and painful during periods of overuse. Pain results from inflammation (tendonitis) from overuse or trauma or a degenerating tendon (tendinosis). KT Tape helps treat this condition by increasing circulation and support.

### 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

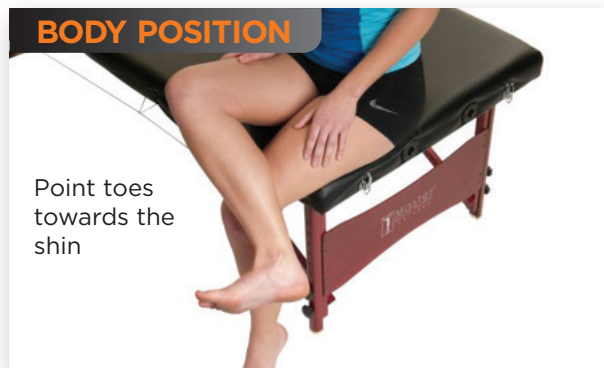
Apply one hour before beginning activity

#### CLEAN SKIN

Clean dirt, oils and lotions from area

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### STRIP ONE



**0% STRETCH**

**ANCHOR:** a full strip under the bottom of the arch with no stretch.

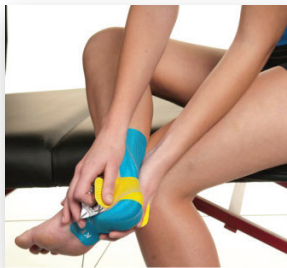


**50% STRETCH**

**APPLY:** the tape up the Achilles with 50% stretch.

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

### STRIP TWO



**80% STRETCH**

**ANCHOR:** Anchor the middle of a half strip over the point of pain.

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

### STRIP THREE



**80% STRETCH**

**ANCHOR:** If there is pain higher up on tendon, anchor middle of a second half strip to another point of pain.

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



### WATCH THE VIDEO

[kttape.com/instructions/achilles-tendonitis](http://kttape.com/instructions/achilles-tendonitis)