KT TAPE®
KINESIOLOGY THERAPEUTIC TAPE

PERONIAL TENDONITIS

AVERAGE DAYS WEAR

KT TAPE ■■□□□□□
PRO ■■■■■□□

APPLICATION OVERVIEW

The three peroneal muscles are located at the surface of the outside of the lower leg. They serve to turn the foot out and push it down (plantarflex). The tendons run behind the ankle bone and connect the muscles to the boney structures of the foot and ankle. Common causes of pain include inversion ankle sprains, breaking into a sprint while off balance, or simply overusing these muscles resulting in inflammation. KT Tape can reduce pain and speed the healing process by increasing circulation, providing stability, and relieving the pressure on the inflamed and painful tendon.

WHAT YOU NEED

2 full strips of KT TAPE

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

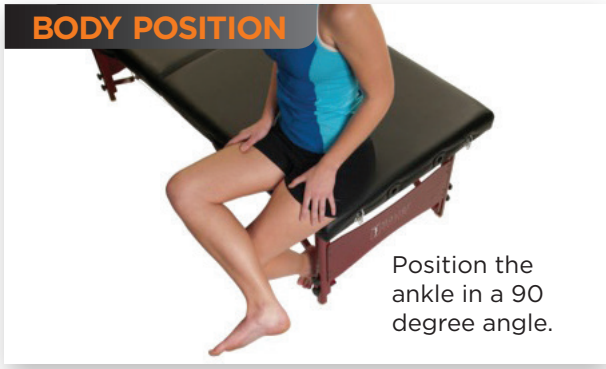
CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

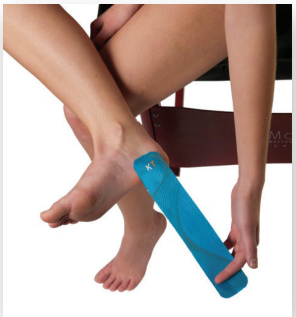
After application rub tape vigorously to activate adhesive

BODY POSITION



Position the ankle in a 90 degree angle.

STRIP ONE



0% STRETCH

ANCHOR: Anchor a full strip on the inside heel without stretch on tape as shown.

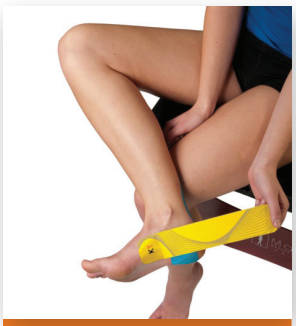
"50% STRETCH

APPLY: Apply the tape around the bottom of the heel and up to the point of pain with 50% stretch.

0% STRETCH

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

STRIP TWO

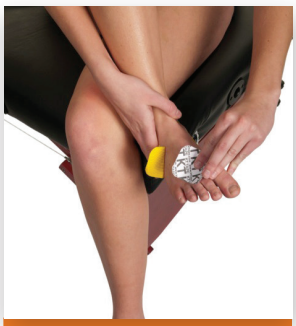


0% STRETCH

ANCHOR: Anchor a full strip on the inside arch without stretch on tape.

50% STRETCH

APPLY: Apply the tape around the heel to the outside of the foot with 50% stretch.



0% STRETCH

FINISH: Apply the last two inches without stretch.

WATCH THE VIDEO

kttape.com/instructions/peroneal-tendonitis

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**