

POSTERIOR SHIN SPLINTS

AVERAGE DAYS WEAR

KT TAPE
 PRO

APPLICATION OVERVIEW

The posterior shin serves to point the toes and foot downwards (plantarflexion). Causes of posterior shin splints may include over pronation, overuse, running on uneven surfaces, poorly fitting or worn shoes, or compensation from injury on opposite leg. KT Tape helps treat this condition by relieving pressure to reduce pain, providing support, and increasing circulation.

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

Point toes up towards the shin.



STRIP ONE



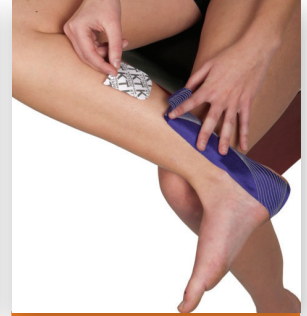
0% STRETCH

ANCHOR: Anchor a full strip on the outer heel opposite to the side of the pain without stretch.



50% STRETCH

APPLY: Apply tape under the foot and up the heel with 50% stretch.



0% STRETCH

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

STRIP TWO



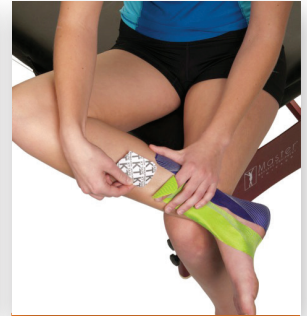
0% STRETCH

ANCHOR: Anchor a full strip beside the first strip on the outer heel without stretch.



50% STRETCH

APPLY: Apply tape under the foot with 50% stretch until it reaches the ankle.



0% STRETCH

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

At the ankle, point toes away from shin and apply tape up the leg with 50% stretch.



WATCH THE VIDEO

ktape.com/instructions/posterior-shin-splints