



# PLANTAR FASCIITIS

## AVERAGE DAYS WEAR



## APPLICATION OVERVIEW

The plantar fascia, or arch tendon, is a thick band of connective tissue that runs from the heel to the front of the foot. Arch pain may be triggered by overtraining, poor-fitting or worn shoes, weight gain, over pronation, or abnormal foot structure. KT Tape helps treat this condition by offering support and resting the tissues.

## BEFORE YOU START

### YOU WILL NEED

3 strips of KT TAPE

### 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 toward shin

## STRIP ONE



0% STRETCH

**ANCHOR:** full strip on ball of foot as shown without stretch



50% STRETCH

**APPLY:** strip along bottom of foot and up back of heel as shown with 50% stretch on tape



0% STRETCH

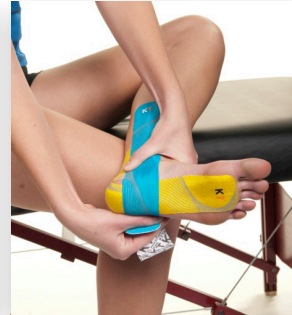
**FINISH:** lay end down without stretch and smooth tape against the arch

## STRIP TWO



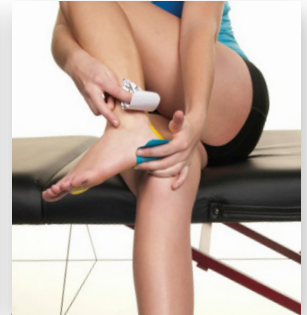
0% STRETCH

**ANCHOR:** second full strip four inches above inside of ankle without stretch



80% STRETCH

**APPLY:** tape around bottom of heel and up outside of ankle with 80% stretch on tape



0% STRETCH

**FINISH:** apply last two inches of tape without stretch

## STRIP THREE



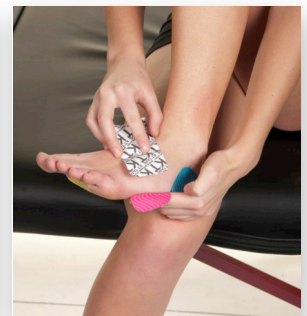
0% STRETCH

**ANCHOR:** full strip slightly behind first strip angled toward the arch without stretch



80% STRETCH

**APPLY:** tape across arch with 80% stretch



0% STRETCH

**FINISH:** apply last two inches of tape on outside of foot without stretch



## WATCH THE VIDEO

[kttape.com/instructions/plantar-fasciitis](http://kttape.com/instructions/plantar-fasciitis)