

PERFORMANCE MEETS SCIENCE™



Tape CALF



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1 Stand leaning forward on leg to be taped and keep knee straight.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



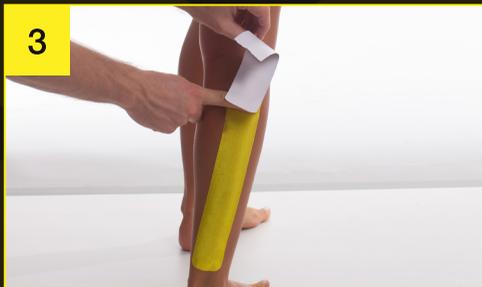
Do not stretch the ends of the tape



Rub entire application well after applying each strip



2 Anchor full-strip just above achilles tendon.



3 Apply with 25% along side of calf.



4 Lay end down with no stretch.



5 Anchor second full-strip just below the first strip and repeat steps 2-4.



6 Rub application well to securely fix all edges to skin