



ANKLE STABILITY

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

This application can be used for a variety of ankle issues including ankle sprains, stretched ligaments, inflamed tendons, or general ankle weakness. KT Tape gives support and stability to the ankle.

BEFORE YOU START

YOU WILL NEED

3 strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

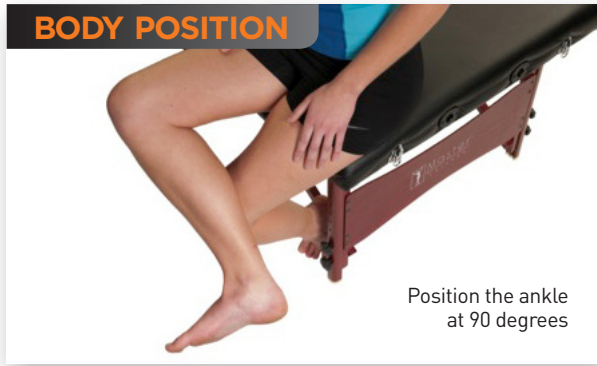
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



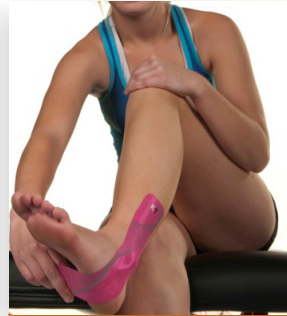
Position the ankle at 90 degrees

STRIP ONE



0% STRETCH

ANCHOR: full strip two inches above ankle



50% STRETCH

APPLY: tape down outer ankle, across bottom of heel, and up inner side of ankle



0% STRETCH

FINISH: lay last two inches without stretch

STRIP TWO



0% STRETCH

ANCHOR: full strip along instep of foot



50% STRETCH

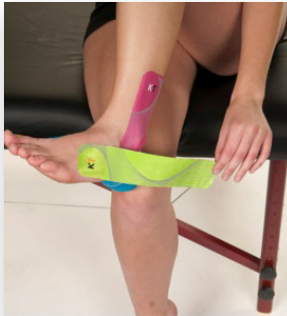
APPLY: lay the tape around the back of the heel and across arch with 50% stretch



0% STRETCH

FINISH: lay last 2 inches without stretch on inside of foot

STRIP THREE



0% STRETCH

ANCHOR: full strip along outside of the foot



50% STRETCH

APPLY: lay tape around back of heel and across arch with 50% stretch



0% STRETCH

FINISH: lay last 2 inches without stretch on inside of foot



WATCH THE VIDEO

kttape.com/instructions/ankle-stability