

HEEL

AVERAGE DAYS WEAR

KT TAPE ■■■■■

PRO ■■■■■

APPLICATION OVERVIEW

The heel takes a great deal of repetitive force with every step and can become susceptible to injury and pain as those steps become forceful. Causes of heel pain may include overuse, repetitive impact, poorly fitting or worn shoes, or ankle or calf tightness. This KT Tape application can relieve heel pain by relaxing associated muscles.

WHAT YOU NEED

3 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

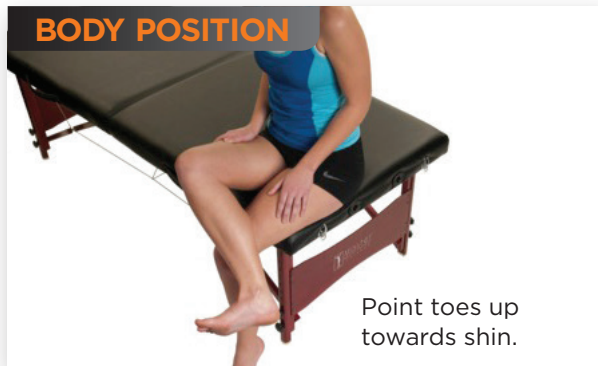
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



WATCH THE VIDEO
kttape.com/instructions/heel

BODY POSITION



Point toes up towards shin.

STRIP ONE



80% STRETCH

ANCHOR: Anchor middle of a full strip of tape over the point of pain with 80% stretch.



0% STRETCH

APPLY: Apply the ends of each side of the tape without stretch.

STRIP TWO



80% STRETCH

ANCHOR: Anchor middle of a full strip of tape on the back of the heel with 80% stretch.



0% STRETCH

APPLY: Lay the ends down without stretch.

STRIP THREE



0% STRETCH

ANCHOR: Anchor a full strip on the midsole of foot.



50% STRETCH

APPLY: Apply tape up the Achilles tendon with 50% stretch.



0% STRETCH

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