KT TAPE®
KINESIOLOGY THERAPEUTIC TAPE

PLANTAR FASCIITIS

AVERAGE DAYS WEAR

KT TAPE ■■□□□□□
PRO ■■■■■□□

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.

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

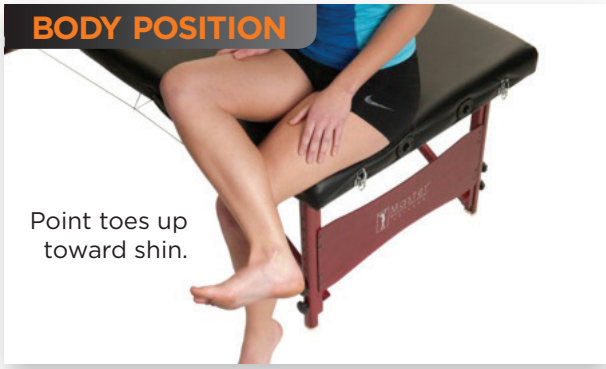
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

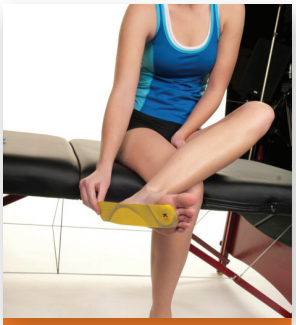
WATCH THE VIDEO

kttape.com/instructions/plantar-fasciitis

BODY POSITION



STRIP ONE



0% STRETCH

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

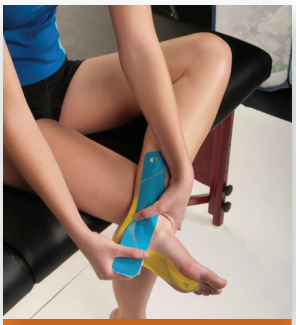
50% STRETCH

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

0% STRETCH

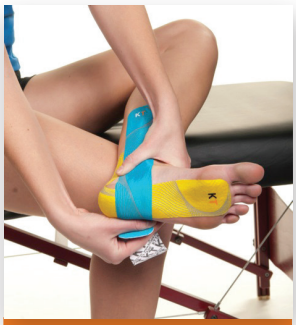
FINISH: Lay the end down without stretch. Smooth tape against the arch.

STRIP TWO



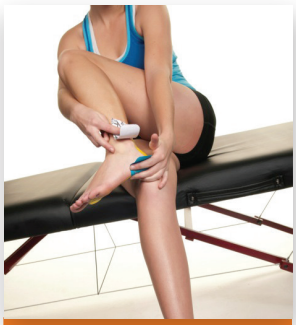
0% STRETCH

ANCHOR: Anchor a second full strip four inches above the inside of the ankle without stretch.



80% STRETCH

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



0% STRETCH

FINISH: Apply last two inches of tape without stretch.

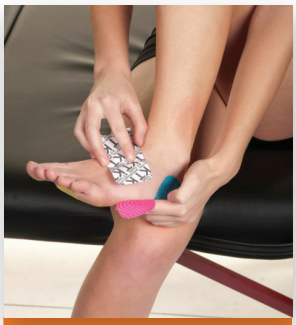
STRIP THREE

0% STRETCH

ANCHOR: Anchor a full strip slightly behind the first strip angled toward the arch without stretch.

80% STRETCH

APPLY: Apply tape across arch with 80% stretch.



0% STRETCH

FINISH: Apply last two inches of tape on outside of foot without stretch.

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**