

TOP OF FOOT

AVERAGE DAYS WEAR

KT TAPE

PRO

APPLICATION OVERVIEW

The top of the foot consists of many bones, nerves, ligaments, and tendons that can all be affected and painful. Causes of pain to the top of the foot may include overuse, poorly fitting or worn out shoes, or running on uneven surfaces. KT Tape helps treat this condition by relieving pressure, relaxing the associated muscles, and increasing circulation.

WHAT YOU NEED

2 strips of KT TAPE

1 full 10" strip

1 full 10" strip cut in half

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

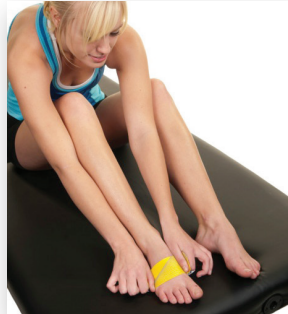
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

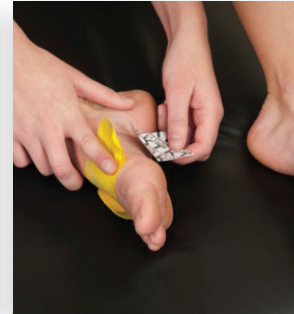


STRIP ONE



80% STRETCH

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



0% STRETCH

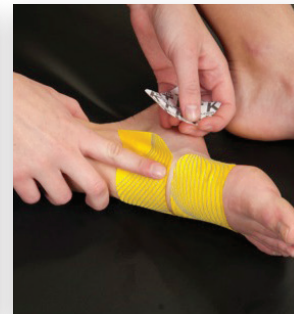
APPLY: Lay ends down without stretch.

STRIP TWO



80% STRETCH

ANCHOR: Apply the middle of a second half strip higher on the foot with 80% stretch in the middle of tape.



0% STRETCH

APPLY: Lay ends down without stretch.

STRIP THREE



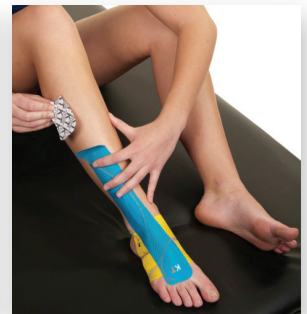
0% STRETCH

ANCHOR: Anchor a full strip behind the toes.



50% STRETCH

APPLY: Apply the tape up the foot to the shin with 50% stretch.



0% STRETCH

FINISH: Apply the last 2 inches without stretch.



WATCH THE VIDEO

kttape.com/instructions/top-of-foot