

TURF TOE

AVERAGE DAYS WEAR

KT TAPE
PRO

APPLICATION OVERVIEW

Turf Toe (a sprain of the metatarsophalangeal joint) is a condition that results from acute or chronic hyperextension of the big toe.

The condition affects both the joint and the connective tissue resulting in painful inflammation and bruising. Often times the ligaments and tendons are stretched, and in severe cases torn. Greater risk occurs when one wears flexible footwear meant to grab the running surface, such as soccer cleats, or if one has greater than normal range of motion in the ankle. KT Tape helps to treat turf toe by providing stability and support while maintaining a healthy range of motion.

WHAT YOU NEED

1 strip of KT Tape cut vertically

BEFORE YOU START

APPLY BEFORE ACTIVITY

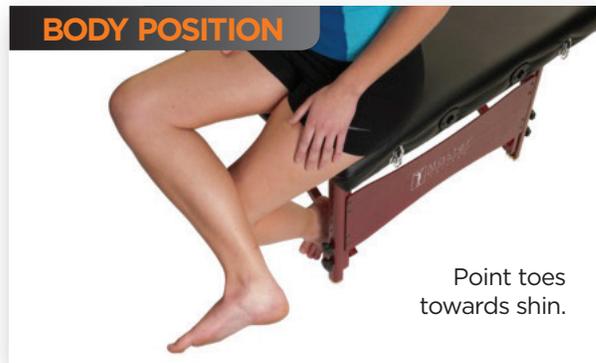
Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



PREPARE:

Cut a strip of tape vertically to create two, one-inch wide strips. We will refer to these strips as narrow strips.

STRIP ONE



80% STRETCH

ANCHOR: Cut the narrow strip to a three inch length. Apply under the big toe with 80% stretch.



0% STRETCH

APPLY: Lay the ends down around toe without stretch.

STRIP TWO



0% STRETCH

ANCHOR: Anchor a narrow strip slightly behind the heel.



50% STRETCH

APPLY: Lay the tape under the foot without stretch to the big toe and anchor on the toenail.



WATCH THE VIDEO

kttape.com/instructions/turf-toe