

KT TAPE®

KINESIOLOGY THERAPEUTIC TAPE

ANKLE STABILITY

AVERAGE DAYS WEAR

KT TAPE
 PRO

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.

WHAT YOU NEED

3 full 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



BODY POSITION



Position the ankle at 90 degrees.

Theratape®

SAVE 20% OFF
YOUR FIRST ORDER

USE CODE: THERATAPE2020

SHOP AT THERATAPE.COM

STRIP ONE



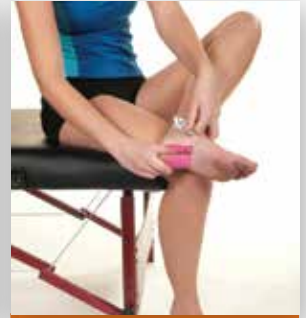
0% STRETCH

ANCHOR: Anchor a full strip two inches above the ankle



50% STRETCH

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



0% STRETCH

FINISH: Lay the last two inches without stretch

STRIP TWO



0% STRETCH

ANCHOR: Anchor a full strip along the instep of the foot



50% STRETCH

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



0% STRETCH

FINISH: Lay the last 2 inches down without stretch on inside of foot

STRIP THREE



0% STRETCH

ANCHOR: Anchor a full strip along the outside of the foot



50% STRETCH

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



0% STRETCH

FINISH: Lay the last 2 inches down without stretch on outside of foot



WATCH THE VIDEO

kttape.com/instructions/ankle-stability

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.**