ANKLE STABILITY

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

0% STRETCH
ANCHOR: Anchor a full strip two inches above the ankle
APPLY: Apply tape down the outer ankle, across the bottom of the heel, and up the inner side of the ankle
FINISH: Lay the last two inches without stretch

50% STRETCH
ANCHOR: Anchor a full strip along the instep of the foot
APPLY: Lay the tape around the back of the heel and across the arch with 50% stretch
FINISH: Lay the last 2 inches down without stretch on inside of foot

0% STRETCH
ANCHOR: Anchor a full strip along the outside of the foot
APPLY: Lay the tape around the back of the heel and across the arch with 50% 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.