

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## ACHILLES TENDONITIS

### YOU WILL NEED



#### STRIP ONE:

Tear backing paper two inches from end to create starting anchor.

#### STRIPS TWO & THREE:

Tear backing paper at the center of strips to begin application.

**ALL COLORS** of KT Tape® are designed to perform equally.



**TO CREATE A HALF STRIP:**  
Fold a full strip in half and cut folded edge rounding the corners.

### BEFORE YOU START

#### APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

#### CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION



Sit on a chair and cross your ankle over your knee. Flex your ankle in the upward direction.

### STRIP ONE



#### NO STRETCH

**ANCHOR:** Adhere two inches of tape with no stretch on the bottom of the arch.



#### LIGHT STRETCH

**APPLY:** With a light stretch, apply tape under the heel and through the point of pain.

**FINISH:** With two inches remaining, lay the end down with no stretch.

### STRIP TWO



#### MODERATE STRETCH

With a moderate stretch, adhere center of half strip directly below point of pain.

**FINISH:** With two inches of tape remaining, lay both ends down with no stretch.

### STRIP THREE



#### MODERATE STRETCH

Repeat by adhering center of second half strip directly above point of pain with a moderate stretch.

**FINISH:** With two inches of tape remaining, lay both ends down with no stretch.



### WATCH THE VIDEO

<https://physioproductskenya.com>