**APPLICATION OVERVIEW**
A bunion results when the big toe points towards the second toe and results in inflammation of the tissue surrounding the joint. The inflammation causes the joint to become swollen and tender, making everyday activities like walking or jogging very painful. KT Tape provides a mechanical correction. Do not try to correct the position of the toe all at once. Move toe gradually over time.

**WHAT YOU NEED**
- 2 strips of KT Tape
  - 1 full 10” strip
- 1 full 10” strip cut in half 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 full strip in half vertically, creating two one-inch wide strips. Hereafter these strips will be called narrow strips.

**STRIP ONE**

**0% STRETCH**

**ANCHOR:** Anchor a narrow strip on the back of the outer side of the heel.

**80% STRETCH**

**APPLY:** Lay the tape around the heel without stretch. At the mid-arch, apply 80% stretch to the side of the big toe.

**0% STRETCH**

**FINISH:** Lay the end of tape along the outside of the toe without stretch. A second narrow strip can be applied over the first for additional support if desired.

**STRIP TWO**

**80% STRETCH**

**ANCHOR:** Anchor the middle of a half strip of tape over the point of pain.

**0% STRETCH**

**APPLY:** Apply the ends without stretch. For additional support, a second half strip can be applied over the first.

**WATCH THE VIDEO**
kttape.com/instructions/bunion

**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.**