PLANTAR FASCIITIS

APPLICATION OVERVIEW
The plantar fascia, or arch tendon, is a thick band of connective tissue that runs from the heel to the front of the foot. Arch pain may be triggered by overtraining, poor-fitting or worn shoes, weight gain, over pronation, or abnormal foot structure. KT Tape helps treat this condition by offering support and resting the tissues.

WHAT YOU NEED
3 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

STRIP ONE
ANCHOR: Anchor full strip on ball of foot as shown without stretch.
APPLY: Apply strip along bottom of foot and up the back of heel as shown with 50% stretch on tape.
FINISH: Lay the end down without stretch. Smooth tape against the arch.

STRIP TWO
ANCHOR: Anchor a second full strip four inches above the inside of the ankle without stretch.
APPLY: Apply tape around bottom of heel and up the outside of ankle with 80% stretch on tape.
FINISH: Apply last two inches of tape without stretch.

STRIP THREE
ANCHOR: Anchor a full strip slightly behind the first strip angled toward the arch without stretch.
APPLY: Apply tape across arch with 80% stretch.
FINISH: Apply last two inches of tape on outside of foot without stretch.

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.

WATCH THE VIDEO
kttape.com/instructions/plantar-fasciitis