ACHILLES TENDONITIS

APPLICATION OVERVIEW
The Achilles tendon is the largest tendon in the body. It connects the calf muscles to the heel and is active during almost all activities including walking, jumping, and swimming. This dense tendon can withstand large forces, but can become inflamed and painful during periods of overuse. Pain results from inflammation (tendonitis) from overuse or trauma or a degenerating tendon (tendinosis). KT Tape helps treat this condition by increasing circulation and support.

WHAT YOU NEED
2 strips of KT TAPE
1 full 10” strip
1 full 10” strip cut in half

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
0% STRETCH
ANCHOR: a full strip under the bottom of the arch with no stretch.

50% STRETCH
APPLY: the tape up the Achilles with 50% stretch.
FINISH: Lay the last two inches of the tape down without stretch.

BODY POSITION
Point toes towards the shin

STRIP TWO
80% STRETCH
ANCHOR: Anchor the middle of a half strip over the point of pain.
FINISH: Lay the last two inches of the tape down without stretch.

ANCHOR: If there is pain higher up on tendon, anchor middle of a second half strip to another point of pain.
FINISH: Lay the last two inches of the tape down without stretch.

WATCH THE VIDEO
kttape.com/instructions/achilles-tendonitis

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.