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

WATCH THE VIDEO
kttape.com/instructions/ankle-stability

KT TAPE® KINESIOLOGY THERAPEUTIC TAPE

AVERAGE DAYS WEAR
KT TAPE PRO

ANCHOR:
Anchor a full strip two inches above the ankle

ANCHOR:
Anchor a full strip along the instep of the foot

ANCHOR:
Anchor a full strip along the outside of the foot

APPLY:
Apply tape down the outer ankle, across the bottom of the heel, and up the inner side of the ankle

APPLY:
Lay the tape around the back of the heel and across the arch with 50% stretch

APPLY:
Lay the tape around the back of the heel and across the arch with 50% stretch

FINISH:
Lay the last two inches without stretch

FINISH:
Lay the last 2 inches down without stretch on inside of foot

FINISH:
Lay the last 2 inches down without stretch on inside of foot

Position the ankle at 90 degrees.

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.