POSTERIOR SHIN SPLINTS

APPLICATION OVERVIEW
The posterior shin serves to point the toes and foot downwards (plantarflexion). Causes of posterior shin splints may include overpronation, overuse, running on uneven surfaces, poorly fitting or worn shoes, or compensation from injury on opposite leg. KT Tape helps treat this condition by relieving pressure to reduce pain, providing support, and increasing circulation.

WHAT YOU NEED
2 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

STRIP ONE

ANCHOR: Anchor a full strip on the outer heel opposite to the side of the pain without stretch.

APPLY: Apply tape under the foot and up the heel with 50% stretch.

FINISH: Lay the last two inches of tape down without stretch.

ANCHOR: Anchor a full strip beside the first strip on the outer heel without stretch.

APPLY: Apply tape under the foot with 50% stretch until it reaches the ankle.

At the ankle, point toes away from shin and apply tape up the leg with 50% stretch.

FINISH: Lay the last two inches of tape down without stretch.

WATCH THE VIDEO
kttape.com/instructions/posterior-shin-splints

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.