APPLICATION OVERVIEW
The top of the foot consists of many bones, nerves, ligaments, and tendons that can all be affected and painful. Causes of pain to the top of the foot may include overuse, poorly fitting or worn out shoes, or running on uneven surfaces. KT Tape helps treat this condition by relieving pressure, relaxing the associated muscles, and increasing circulation.

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

WATCH THE VIDEO
kttape.com/instructions/top-of-foot

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.