Turf Toe is a condition that results from acute or chronic hyperextension of the big toe. The condition affects both the joint and the connective tissue resulting in painful inflammation and bruising. Often the ligaments and tendons are stretched, and in severe cases torn. Greater risk occurs when one wears flexible footwear meant to grab the running surface, such as soccer cleats, or if one has greater than normal range of motion in the ankle. KT Tape helps to treat turf toe by providing stability and support while maintaining a healthy range of motion.

**WHAT YOU NEED**
1 strip of KT Tape cut vertically

**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

**PREPARE:**
Cut a strip of tape vertically to create two, one-inch wide strips. We will refer to these strips as narrow strips.

**WHAT'S INCLUDED**

**APPLICATION OVERVIEW**

*KT TAPE PRO***

**AVG DAYS WEAR**

**STRIP ONE**

**0% STRETCH**

**ANCHOR:** Cut the narrow strip to a three inch length. Apply under the big toe with 80% stretch.

**APPLY:** Lay the ends down around toe without stretch.

**STRIP TWO**

**0% STRETCH**

**ANCHOR:** Anchor a narrow strip slightly behind the heel.

**APPLY:** Lay the tape under the foot without stretch to the big toe and anchor on the toenail.

**80% STRETCH**

**APPLY:** Lay the ends down around toe without stretch.

**50% STRETCH**

**APPLY:** Lay the tape under the foot without stretch to the big toe and anchor on the toenail.

**WATCH THE VIDEO**
kttape.com/instructions/turf-toe

**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.