**PERONEAL TENDONITIS**

**YOU WILL NEED**

- KT Tape®
- Rubbing alcohol
- Scissors

**BEFORE YOU START**

**APPLY BEFORE ACTIVITY**
Apply one hour before beginning activity

**CLEAN SKIN**
Clean dirt, oils and lotions from area with rubbing alcohol

**ACTIVATE ADHESIVE**
After application rub tape vigorously to activate adhesive

**STRIp ONE**

- Tear backing paper two inches from end to create starting anchor.

**STRIp TWO**

- Tear backing paper at the center of the half strip to begin application.

**Anchor:** Place a 2 inch anchor with no stretch, outside of your mid foot directing the tape toward your heal.

**Apply:** Next, position your foot so that your toes are lower than your ankle and pointed inward. Apply a light stretch on the tape and apply in the direction of your heel.

**Finish:** As you approach your heel, pull your toes up and apply the strip, curving around your ankle. Apply the 2nd anchor with no stretch.

**STRIp TWO**

- Tear backing paper two inches from end to create starting anchor.

**Anchor:** While toes are pointed up, apply anchor of half strip with no stretch over the back of the achilles.

**Apply:** Next, while holding the anchor with one hand, apply a moderate stretch across the ankle bone.

**Finish:** As you move your ankle into a downward position, apply the remaining anchor just above the front of your ankle.

**ALL COLORS** of KT Tape® are designed to perform equally.

**WATCH THE VIDEO**
kttape.com/instructions/peroneal-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.