PLANTAR FASCIITIS

YOU WILL NEED

STRIP ONE:
Tear backing paper two inches from end to create starting anchor.

STRIPS TWO & THREE:
Tear backing paper two inches from end to create starting anchor.

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

TO CREATE A HALF STRIP:
Fold a full strip in half and cut folded edge rounding the corners.

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

ANCHOR:
Adhere two inches of tape with no stretch on ball of foot.

APPLY:
With a moderate stretch, apply tape along bottom of foot and up the back of heel.

FINISH:
With two inches remaining, lay the end down with no stretch.

ANCHOR:
Adhere two inches of the first half strip with no stretch on the outside of the foot, just ahead of the heel.

APPLY:
With a moderate stretch, apply the tape across the bottom of the foot, toward the inside of the ankle.

FINISH:
With two inches of tape remaining, lay the end down with no stretch.

ANCHOR:
Repeat by anchoring the second half strip with no stretch just ahead of strip two.

APPLY:
With a moderate stretch, apply the tape directly over the point of pain.

FINISH:
With two inches of tape remaining, lay the end down with no stretch.

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.