**APPLICATION OVERVIEW**

The ball of the foot is where the toes join the rest of the foot. The area is very muscular and is the site where many athletes put the majority of the pressure during performance. Impact can be intense, twisting on the area is common, and without sufficient rest the area can become very worn and painful. Many smaller muscles, bones, ligaments, and tendons, and nerves all converge here as well. Causes of pain on the ball of the foot may include overuse, excessive running on hard surfaces, form-fitting or worn shoes, weight gain, or nerve issues. KT Tape reduces pressure over the painful area, relieving pain.

**BEFORE YOU START**

**YOU WILL NEED**
- 2 strips of KT TAPE
- 1 full 10’ strip
- 1 full 10’ strip cut in half

**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**

80% STRETCH

0% STRETCH

**ANCHOR:** middle of a half strip of tape over the point of pain with 80% stretch

**FINISH:** lay down the ends without stretch

**APPLY:** tape down the foot and up the back of the heel with 50% stretch

**APPLY:** lay the last two inches of the tape down without stretch

**STRIP TWO**

0% STRETCH

50% STRETCH

0% STRETCH

**ANCHOR:** point toes up and anchor a full strip behind the toes

**APPLY:** tape down the foot and up the back of the heel with 50% stretch

**APPLY:** lay the last two inches of the tape down without stretch

**FINISH:** smooth the tape against the skin

**AVERAGE DAYS WEAR**

KT TAPE PRO

**WATCH THE VIDEO**

kttape.com/instructions/ball-of-foot

Discontinue use if skin becomes irritated or sore. Instructions provided are for educational use only. KT TAPE is not a replacement for professional medical care. Cancer patients should not use KT TAPE as it may interfere with treatment. Do not use on abdomen if pregnant. Warranties and remedies limited to product replacement cost. © 2011 Lumes, Inc. All rights Reserved.