APPLICATION OVERVIEW

The posterior shin serves to point the toes and foot downwards (plantarflexion). Causes of posterior shin splints may include overpronation, overuse, running on uneven surfaces, poorly fitting or worn shoes, or compensation from injury on the opposite leg. KT Tape helps treat this condition by relieving pressure to reduce pain, providing support, and increasing circulation.

BEFORE YOU START

YOU WILL NEED
2 full strips of KT TAPE

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

ANCHOR: full strip on outer heel opposite to the side of pain without stretch

APPLY: tape under foot and up heel with 50% stretch

FINISH: lay last two inches of tape down without stretch

STRIP TWO

ANCHOR: full strip beside first strip on outer heel without stretch

APPLY: tape under foot with 50% stretch until it reaches the ankle and at ankle, point toes away from shin and apply tape up leg with 50% stretch

FINISH: lay last two inches of tape down without stretch

WATCH THE VIDEO
kttape.com/instructions/posterior-shin-splints

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 Lumos, Inc. All rights Reserved.