TOP OF FOOT

APPLICATION OVERVIEW
The top of the foot consists of many bones, nerves, ligaments, and tendons that can all be affected and painful. Causes of pain to the top of the foot may include overuse, poorly fitting or worn out shoes, or running on uneven surfaces. KT Tape helps treat this condition by relieving pressure, relaxing the associated muscles, and increasing circulation.

WHAT YOU NEED
2 strips of KT TAPE
1 full 10’ strip
1 full 10’ strip cut in half

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

STRIP ONE
ANCHOR: Apply middle of a half strip of tape over the point of pain with 80% stretch.
APPLY: Lay ends down without stretch.

Point toes away from shin.

STRIP TWO
ANCHOR: Apply the middle of a second half strip higher on the foot with 80% stretch in the middle of tape.
APPLY: Lay ends down without stretch.

Prior to movement of body part, rub the application to create heat, which activates the adhesive.

STRIP THREE
ANCHOR: Anchor a full strip behind the toes.
APPLY: Apply the tape up the foot to the shin with 50% stretch.
FINISH: Apply the last 2 inches without stretch.

Discontinue 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.