ACHILLES TENDONITIS

APPLICATION OVERVIEW
The Achilles tendon is the largest tendon in the body. It connects the calf muscles to the heel and is active during almost all activities including walking, jumping, and swimming. This dense tendon can withstand large forces, but can become inflamed and painful during periods of overuse. Pain results from inflammation (tendonitis) from overuse or trauma or a degenerating tendon (tendinosis). KT Tape helps treat this condition by increasing circulation and support.

BEFORE YOU START
YOU WILL NEED
2 strips of KT TAPE
1 full 10” strip
1 full 18” 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
0% STRETCH
ANCHOR: full strip under bottom of arch with no stretch
APPLY: tape up Achilles with 50% stretch
FINISH: lay last two inches of tape down without stretch

80% STRETCH
ANCHOR: middle of half strip over point of pain
FINISH: lay last two inches of tape down without stretch

STRIP THREE
80% STRETCH
ANCHOR: if pain higher on tendon, anchor middle of a second half strip to another point of pain
FINISH: lay last two inches of tape down without stretch

WATCH THE VIDEO
kttape.com/instructions/achilles-tendonitis