



# ACHILLES TENDONITIS

## AVERAGE DAYS WEAR



## 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 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



## BODY POSITION



Point toes towards the shin

## STRIP ONE



0% STRETCH

**ANCHOR:** full strip under bottom of arch with no stretch



50% STRETCH

**APPLY:** tape up Achilles with 50% stretch



0% STRETCH

**FINISH:** lay last two inches of tape down without stretch

## STRIP TWO



80% STRETCH

**ANCHOR:** middle of half strip over point of pain



0% STRETCH

**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



0% STRETCH

**FINISH:** lay last two inches of tape down without stretch



## WATCH THE VIDEO

[kttape.com/instructions/achilles-tendonitis](http://kttape.com/instructions/achilles-tendonitis)