ANKLE STABILITY

APPLICATION OVERVIEW
This application can be used for a variety of ankle issues including ankle sprains, stretched ligaments, inflamed tendons, or general ankle weakness. KT Tape gives support and stability to the ankle.

BEFORE YOU START

YOU WILL NEED
3 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 two inches above ankle
APPLY: tape down outer ankle, across bottom of heel, and up inner side of ankle
FINISH: lay last two inches without stretch

STRIP TWO

ANCHOR: full strip along instep of foot
APPLY: lay the tape around the back of the heel and across arch with 50% stretch
FINISH: lay last 2 inches down without stretch on inside of foot

STRIP THREE

ANCHOR: full strip along outside of the foot
APPLY: lay tape around back of heel and across arch with 50% stretch
FINISH: lay last 2 inches down without stretch on inside of foot

WATCH THE VIDEO
kttape.com/instructions/ankle-stability

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.