BALL OF FOOT

APPLICATION OVERVIEW

The ball of the foot is where the toes join the rest of the foot. The area is very muscular and is the site where many athletes put the majority of the pressure during performance. Impact can be intense, twisting on the area is common, and without sufficient rest the area can become very worn and painful. Many smaller muscles, bones, ligaments, and tendons, and nerves all converge here as well. Causes of pain on the ball of the foot may include overuse, excessive running on hard surfaces, form-fitting or worn shoes, weight gain, or nerve issues. KT Tape reduces pressure over the painful area, relieving pain.

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

STRIP ONE

80% STRETCH
ANCHOR: middle of half strip of tape over point of pain with 80% stretch

0% STRETCH
FINISH: lay down ends without stretch (A second half strip can be applied over first strip for additional support if desired)

STRIP TWO

0% STRETCH
ANCHOR: point toes up and anchor full strip behind toes

50% STRETCH
APPLY: tape down foot and up back of heel with 50% stretch

0% STRETCH
APPLY: lay last two inches of tape down without stretch

0% STRETCH
FINISH: smooth tape against skin

WATCH THE VIDEO
kttape.com/instructions/ball-of-foot