APPLICATION OVERVIEW
A bunion results when the big toe points towards the second toe and results in inflammation of the tissue surrounding the joint. The inflammation causes the joint to become swollen and tender, making everyday activities like walking or jogging very painful. KT Tape provides a mechanical correction. Do not try to correct the position of the toe all at once. Move toe gradually over time.

BEFORE YOU START
YOU WILL NEED
2 strips of KT TAPE
1 full 10” strip cut in half horizontally
1 full 10” strip cut in half vertically

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: narrow strip on back of outer side of heel and lay tape around heel without stretch
APPLY: 80% stretch from mid-arch to side of big toe
FINISH: lay end of tape along outside of toe without stretch (second narrow strip can be applied over first for additional support if desired)

Strip Two
80% Stretch
ANCHOR: middle of half strip of tape over point of pain
APPLY: ends without stretch (for additional support, a second half strip can be applied over the first)

WATCH THE VIDEO
kttape.com/instructions/bunion