



BUNION

AVERAGE DAYS WEAR



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

BODY POSITION



Place foot in a neutral position.

STRIP ONE



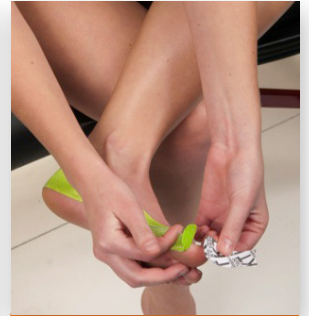
0% STRETCH

ANCHOR: narrow strip on back of outer side of heel and lay tape around heel without stretch



80% STRETCH

APPLY: 80% stretch from mid-arch to side of big toe



0% STRETCH

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



0% STRETCH

APPLY: ends without stretch (for additional support, a second half strip can be applied over the first)



WATCH THE VIDEO

kttape.com/instructions/bunion