



# PERONEAL TENDONITIS

## AVERAGE DAYS WEAR



## APPLICATION OVERVIEW

The three peroneal muscles are located at the surface of the outside of the lower leg. They serve to turn the foot out and push it down (plantarflex). The tendons run behind the ankle bone and connect the muscles to the bony structures of the foot and ankle. Common causes of pain include inversion ankle sprains, breaking into a sprint while off balance, or simply overusing these muscles resulting in inflammation. KT Tape can reduce pain and speed the healing process by increasing circulation, providing stability, and relieving the pressure on the inflamed and painful tendon.

### BEFORE YOU START

#### YOU WILL NEED

2 strips of KT TAPE

#### APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

#### CLEAN SKIN

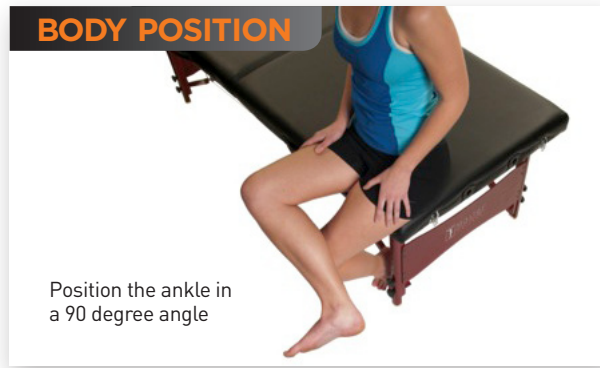
Clean dirt, oils and lotions from area

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

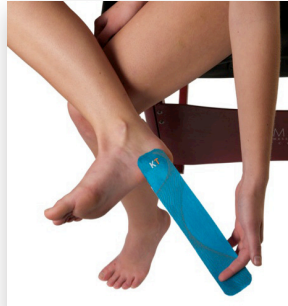


### BODY POSITION



Position the ankle in a 90 degree angle

### STRIP ONE



0% STRETCH

**ANCHOR:** full strip on inside heel without stretch on tape as shown



50% STRETCH

**APPLY:** tape around bottom of heel and up to point of pain with 50% stretch



0% STRETCH

**FINISH:** apply last two inches of tape without stretch

### STRIP TWO



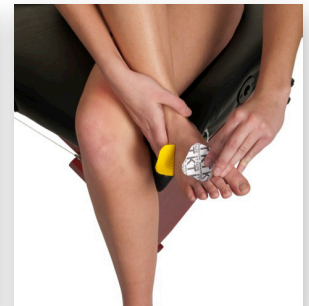
0% STRETCH

**ANCHOR:** full strip on inside arch without stretch on tape



50% STRETCH

**APPLY:** tape around heel to outside of foot with 50% stretch



0% STRETCH

**FINISH:** apply last two inches without stretch



## WATCH THE VIDEO

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