PERONEAL TENDONITIS

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 boney 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

STRIP ONE

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

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

FINISH: apply last two inches of tape without stretch

STRIP TWO

ANCHOR: full strip on inside arch without stretch on tape

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

FINISH: apply last two inches without stretch

WATCH THE VIDEO

kttape.com/instructions/peroneal-tendonitis

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 Lumos, Inc. All rights Reserved.