**APPLICATION OVERVIEW**

The plantar fascia, or arch tendon, is a thick band of connective tissue that runs from the heel to the front of the foot. Arch pain may be triggered by overtraining, poor-fitting or worn shoes, weight gain, over pronation, or abnormal foot structure. KT Tape helps treat this condition by offering support and resting the tissues.

**BEFORE YOU START**

**YOU WILL NEED**

3 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

**STRIPE ONE**

**ANCHOR**: full strip on ball of foot as shown without stretch

**APPLY**: strip along bottom of foot and up back of heel as shown with 50% stretch on tape

**FINISH**: lay end down without stretch and smooth tape against the arch

**STRIPE TWO**

**ANCHOR**: second full strip four inches above inside of ankle without stretch

**APPLY**: tape around bottom of heel and up outside of ankle with 80% stretch on tape

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

**STRIPE THREE**

**ANCHOR**: full strip slightly behind first strip angled toward the arch without stretch

**APPLY**: tape across arch with 80% stretch

**FINISH**: apply last two inches of tape on outside of foot without stretch

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 Lumes, Inc. All rights Reserved.