



TOP OF FOOT

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The top of the foot consists of many bones, nerves, ligaments, and tendons that can all be affected and painful. Causes of pain to the top of the foot may include overuse, poorly fitting or worn out shoes, or running on uneven surfaces. KT Tape helps treat this condition by relieving pressure, relaxing the associated muscles, and increasing circulation.

BEFORE YOU START

YOU WILL NEED

- 2 strips of KT TAPE
- 1 full 10" strip
- 1 full 10" strip cut in half

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

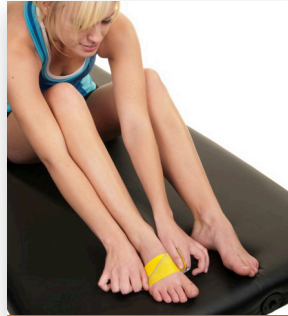


BODY POSITION

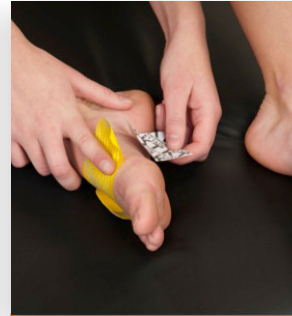


Point toes away from shin

STRIP ONE



80% STRETCH



0% STRETCH

ANCHOR: apply middle of half strip of tape over point of pain with 80% stretch

APPLY: lay ends down without stretch

STRIP TWO



80% STRETCH



0% STRETCH

ANCHOR: apply middle of second half strip higher on foot with 80% stretch in middle of tape

APPLY: lay ends down without stretch

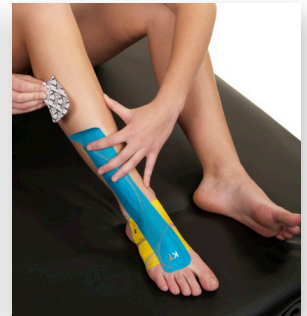
STRIP THREE



0% STRETCH



50% STRETCH



0% STRETCH

ANCHOR: full strip behind toes

APPLY: tape up foot to shin with 50% stretch

FINISH: apply last 2 inches without stretch



WATCH THE VIDEO

kttape.com/instructions/top-of-foot