TOP OF FOOT

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

AVERAGE DAYS WEAR

KT TAPE

KT TAPE PRO

WATCH THE VIDEO

kttape.com/instructions/top-of-foot

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.