



TURF TOE

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Turf Toe (a sprain of the metatarsophalangeal joint) is a condition that results from acute or chronic hyperextension of the big toe.

The condition affects both the joint and the connective tissue resulting in painful inflammation and bruising. Often times the ligaments and tendons are stretched, and in severe cases torn.

Greater risk occurs when one wears flexible footwear meant to grab the running surface, such as soccer cleats, or if one has greater than normal range of motion in the ankle. KT Tape helps to treat turf toe by providing stability and support while maintaining a healthy range of motion.

BEFORE YOU START

YOU WILL NEED

1 strip of KT Tape cut vertically

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



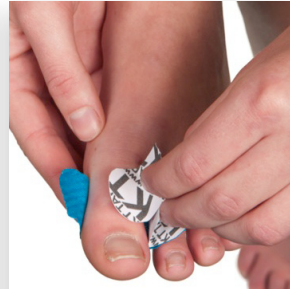
Point toes towards shin

STRIP ONE



80% STRETCH

ANCHOR: cut narrow strip to three inch length and apply under big toe with 80% stretch



0% STRETCH

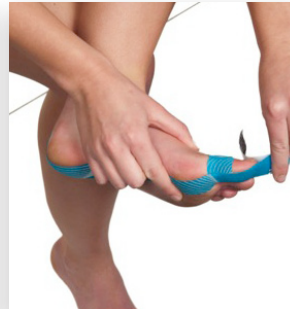
APPLY: lay ends down around toe without stretch

STRIP TWO



0% STRETCH

ANCHOR: narrow strip slightly behind the heel



50% STRETCH

APPLY: lay tape under foot without stretch to big toe and anchor on toenail



WATCH THE VIDEO

kttape.com/instructions/turf-toe