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

**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

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.

**WATCH THE VIDEO**
ktape.com/instructions/turf-toe