APPLICATION OVERVIEW
The heel takes a great deal of repetitive force with every step and can become susceptible to injury and pain as those steps become forceful. Causes of heel pain may include overuse, repetitive impact, poorly fitting or worn shoes, or ankle or calf tightness. This KT Tape application can relieve heel pain by relaxing associated muscles.

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

STRIP ONE
80% STRETCH
ANCHOR: middle of full strip of tape over point of pain with 80% stretch
APPLY: ends of each side of tape without stretch
0% STRETCH

STRIP TWO
80% STRETCH
ANCHOR: middle of full strip of tape on back of heel with 80% stretch
APPLY: lay ends down without stretch
0% STRETCH

STRIP THREE
0% STRETCH
ANCHOR: full strip on midsole of foot
APPLY: tape up Achilles tendon with 50% stretch
50% STRETCH
FINISH: lay last two inches of tape down without stretch

WATCH THE VIDEO
kttape.com/instructions/heel

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.