



# ANKLE STABILITY

## AVERAGE DAYS WEAR

KT TAPE

PRO

## APPLICATION OVERVIEW

This application can be used for a variety of ankle issues including ankle sprains, stretched ligaments, inflamed tendons, or general ankle weakness. KT Tape gives support and stability to the ankle.

### 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



### BODY POSITION



Position the ankle at 90 degrees

### STRIP ONE



**0% STRETCH**

**ANCHOR:** full strip two inches above ankle



**50% STRETCH**

**APPLY:** tape down outer ankle, across bottom of heel, and up inner side of ankle



**0% STRETCH**

**FINISH:** lay last two inches without stretch

### STRIP TWO



**0% STRETCH**

**ANCHOR:** full strip along instep of foot



**50% STRETCH**

**APPLY:** lay the tape around the back of the heel and across arch with 50% stretch



**0% STRETCH**

**FINISH:** lay last 2 inches down without stretch on inside of foot

### STRIP THREE



**0% STRETCH**

**ANCHOR:** full strip along outside of the foot



**50% STRETCH**

**APPLY:** lay tape around back of heel and across arch with 50% stretch



**0% STRETCH**

**FINISH:** lay last 2 inches down without stretch on inside of foot



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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.