

## APPLICATION OVERVIEW

The ball of the foot is where the toes join the rest of the foot. The area is very muscular and is the site where many athletes put the majority of the pressure during performance. Impact can be intense, twisting on the area is common, and without sufficient rest the area can become very worn and painful. Many smaller muscles, bones, ligaments, and tendons, and nerves all converge here as well. Causes of pain on the ball of the foot may include overuse, excessive running on hard surfaces, form-fitting or worn shoes, weight gain, or nerve issues. KT Tape reduces pressure over the painful area, relieving pain.

## 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



## BODY POSITION



Place foot in neutral position

## STRIP ONE



80% STRETCH

**ANCHOR:** middle of half strip of tape over point of pain with 80% stretch



0% STRETCH

**FINISH:** lay down ends without stretch (A second half strip can be applied over first strip for additional support if desired)

## STRIP TWO



0% STRETCH

**ANCHOR:** point toes up and anchor full strip behind toes



50% STRETCH

**APPLY:** tape down foot and up back of heel with 50% stretch



0% STRETCH

**APPLY:** lay last two inches of tape down without stretch



0% STRETCH

**FINISH:** smooth tape against skin