



PLANTAR FASCIITIS

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The plantar fascia, or arch tendon, is a thick band of connective tissue that runs from the heel to the front of the foot. Arch pain may be triggered by overtraining, poor-fitting or worn shoes, weight gain, over pronation, or abnormal foot structure. KT Tape helps treat this condition by offering support and resting the tissues.



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



0% STRETCH

ANCHOR: full strip on ball of foot as shown without stretch



50% STRETCH

APPLY: strip along bottom of foot and up back of heel as shown with 50% stretch on tape



0% STRETCH

FINISH: lay end down without stretch and smooth tape against the arch

STRIP TWO



0% STRETCH

ANCHOR: second full strip four inches above inside of ankle without stretch



80% STRETCH

APPLY: tape around bottom of heel and up outside of ankle with 80% stretch on tape



0% STRETCH

FINISH: apply last two inches of tape without stretch

STRIP THREE



0% STRETCH

ANCHOR: full strip slightly behind first strip angled toward the arch without stretch



80% STRETCH

APPLY: tape across arch with 80% stretch



0% STRETCH

FINISH: apply last two inches of tape on outside of foot without stretch



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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.