



BALL OF FOOT

AVERAGE DAYS WEAR



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 a half strip of tape over the point of pain with 80% stretch



0% STRETCH

FINISH: lay down the ends without stretch

A second half strip can be applied over the first strip for additional support if desired

STRIP TWO



0% STRETCH

ANCHOR: point toes up and anchor a full strip behind the toes



50% STRETCH

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



0% STRETCH

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



0% STRETCH

FINISH: smooth the tape against the skin



WATCH THE VIDEO

kttape.com/instructions/ball-of-foot