



# HEEL PAIN

## AVERAGE DAYS WEAR

KT TAPE    
 PRO  

## 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

## BODY POSITION



Point toes up towards shin

## STRIP ONE



80% STRETCH

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



0% STRETCH

**APPLY:** ends of each side of the tape without stretch

## STRIP TWO



80% STRETCH

**ANCHOR:** middle of full strip of tape on back of heel with 80% stretch



0% STRETCH

**APPLY:** lay ends down without stretch

## STRIP THREE



0% STRETCH

**ANCHOR:** full strip on midsole of foot



50% STRETCH

**APPLY:** tape up Achilles tendon with 50% stretch



0% STRETCH

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



## WATCH THE VIDEO

[kttape.com/instructions/heel](http://kttape.com/instructions/heel)