



BUNION

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

A bunion results when the big toe points towards the second toe and results in inflammation of the tissue surrounding the joint. The inflammation causes the joint to become swollen and tender, making everyday activities like walking or jogging very painful. KT Tape provides a mechanical correction. Do not try to correct the position of the toe all at once. Move toe gradually over time.

BEFORE YOU START

YOU WILL NEED

- 2 strips of KT TAPE
- 1 full 10' strip
- 1 full 10' strip cut in half vertically

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 a neutral position.

PREPARE: cut full strip in half vertically, creating two one-inch wide strips. Hereafter these strips will be called narrow strips

STRIP ONE



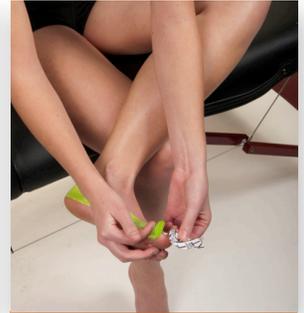
0% STRETCH

ANCHOR: narrow strip on the back of the outer side of the heel



80% STRETCH

APPLY: lay the tape around the heel without stretch - at the mid-arch, apply 80% stretch to the side of the big toe



0% STRETCH

FINISH: lay the end of tape along the outside of the toe without stretch with a second narrow strip applied over the first for additional support if desired

STRIP TWO



80% STRETCH

ANCHOR: middle of a half strip of tape over the point of pain



0% STRETCH

APPLY: ends without stretch - for additional support, a second half strip can be applied over the first



WATCH THE VIDEO

kttape.com/instructions/bunion