

**APPLICATION OVERVIEW**

The top of the foot consists of many bones, nerves, ligaments, and tendons that can all be affected and painful. Causes of pain to the top of the foot may include overuse, poorly fitting or worn out shoes, or running on uneven surfaces. KT Tape helps treat this condition by relieving pressure, relaxing the associated muscles, and increasing circulation.

**WHAT YOU NEED**

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

**BEFORE YOU START**

**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



Prior to movement of body part, rub the application to create heat, which activates the adhesive.

**BODY POSITION**

Point toes away from shin.

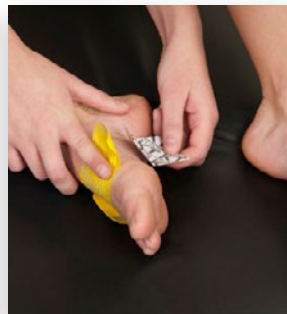
**STRIP ONE**



**80% STRETCH**

**ANCHOR:** Apply middle of a half strip of tape over the point of pain with 80% stretch.

**STRIP TWO**



**0% STRETCH**

**APPLY:** Lay ends down without stretch.



**80% STRETCH**

**ANCHOR:** Apply the middle of a second half strip higher on the foot with 80% stretch in the middle of tape.

**STRIP THREE**



**0% STRETCH**

**APPLY:** Lay ends down without stretch.



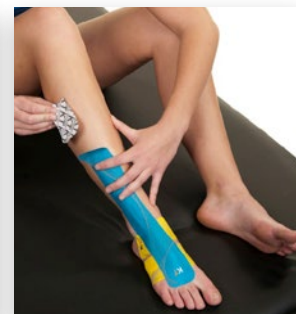
**0% STRETCH**

**ANCHOR:** Anchor a full strip behind the toes.



**50% STRETCH**

**APPLY:** Apply the tape up the foot to the shin with 50% stretch.



**0% STRETCH**

**FINISH:** Apply the last 2 inches without stretch.