



# POSTERIOR SHIN SPLINTS

## AVERAGE DAYS WEAR



## APPLICATION OVERVIEW

The posterior shin serves to point the toes and foot downwards (plantarflexion). Causes of posterior shin splints may include over pronation, overuse, running on uneven surfaces, poorly fitting or worn shoes, or compensation from injury on opposite leg. KT Tape helps treat this condition by relieving pressure to reduce pain, providing support, and increasing circulation.

### BEFORE YOU START

#### YOU WILL NEED

2 full 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 the shin

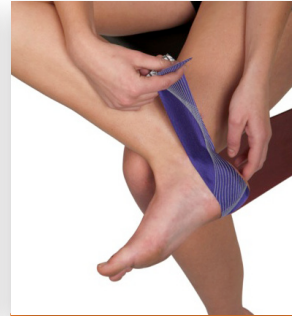


### STRIP ONE



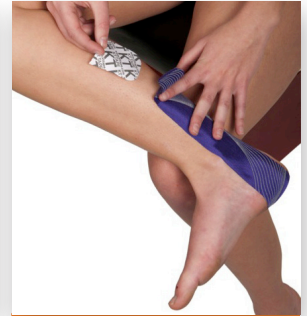
**0% STRETCH**

**ANCHOR:** full strip on outer heel opposite to the side of pain without stretch



**50% STRETCH**

**APPLY:** tape under foot and up heel opposite to the side of pain with 50% stretch



**0% STRETCH**

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

### STRIP TWO



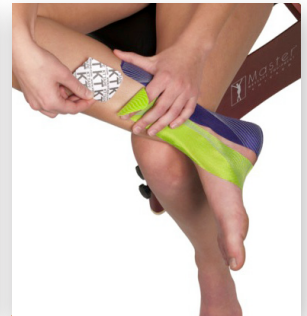
**0% STRETCH**

**ANCHOR:** full strip beside first strip on outer heel without stretch



**50% STRETCH**

**APPLY:** tape under foot with 50% stretch until it reaches the ankle and at ankle, point toes away from shin and apply tape up leg with 50% stretch



**0% STRETCH**

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



## WATCH THE VIDEO

[kttape.com/instructions/posterior-shin-splints](http://kttape.com/instructions/posterior-shin-splints)