



SHIN SPLINTS

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The shin serves to point the toes and foot upwards (dorsiflexion). Causes of shin splints may include overuse, inflammation, poorly fitting or worn shoes, drastic increases in activity, or changes in running surfaces.

KT Tape helps treat the condition by relaxing associated muscles, relieving pressure on tissue to reduce pain, and increasing circulation.

BEFORE YOU START

WHAT YOU 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

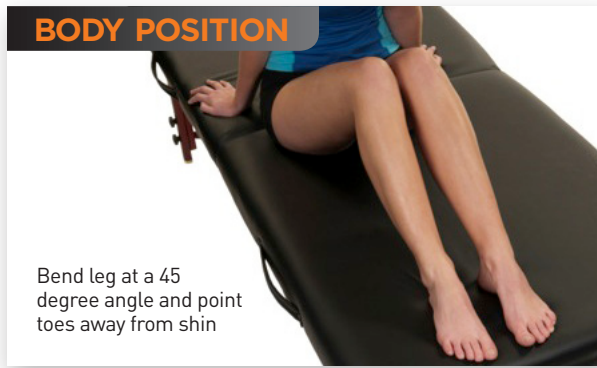
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



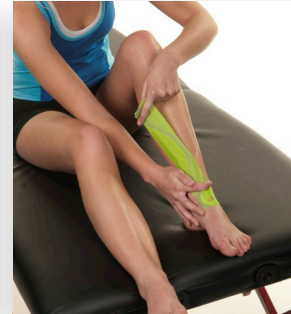
Bend leg at a 45 degree angle and point toes away from shin

STRIP ONE



0% STRETCH

ANCHOR: full strip at base of shin without stretch



50% STRETCH

APPLY: tape up shin over area of pain with 50% stretch



0% STRETCH

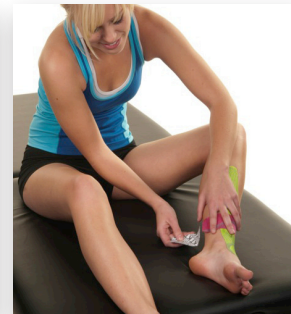
FINISH: apply last 2 inches of tape without stretch

STRIP TWO



80% STRETCH

ANCHOR: middle of half strip of tape below point of pain with 80% stretch



0% STRETCH

APPLY: ends of tape without stretch

STRIP THREE



80% STRETCH

ANCHOR: middle of second half strip above point of pain with 80% stretch



0% STRETCH

APPLY: lay ends down without stretch



WATCH THE VIDEO

kttape.com/instructions/shin-splints