

▶ Basic Application Tips



End to End Application: Tear backing 2-3" from end of tape and remove from end of tape only. Apply to skin with no stretch and rub to activate adhesive. Apply center of tape with desired stretch. Finish with no stretch in final 2".



Middle Stretch Application: Tear backing across middle and begin to peel back from center. Stretch tape as indicated and apply from center towards ends. Apply final 2" of each end with no stretch.

Achilles Tendon



1. Flex foot to stretch Achilles. Anchor tape on sole of foot and apply to mid-calf. Smooth tape over Achilles Tendon area.
2. Apply a 2nd strip with no stretch directly across the most painful area.