

Knee



1. Place knee in 90° angle. Split tape 3-4" from end. Anchor tape at mid-thigh, run to knee, wrap around sides of knee. No stretch.

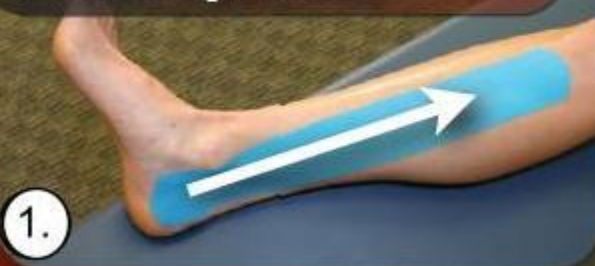
2. Optional. Apply piece across and below knee cap. Stretch tape 50% in middle, no stretch in ends.

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.

Shin Splints



1. Flex foot. Anchor tape from bottom to top. Run tape along shin over pain. Reverse if pain is on outer side of leg. No stretch required.

2. Optional. Apply piece across shin over pain or 'hot spot'. Stretch tape 50% in middle, no stretch in ends.

Calf



1. Apply a single strip of tape from ankle area to just below knee. Apply 50% stretch to middle of tape, no stretch at ends.

2. Apply a 2nd strip directly over the most painful or fatigued area. Stretch tape 50% in middle, no stretch at ends.