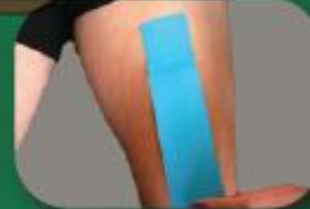


TAPING INSTRUCTIONS PLANTAR FASCITIS

► 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.

Plantar Fasciitis



1.



2.

1. Flex foot. Anchor tape to heel and run to ball of foot with no stretch. Cutting "fingers" optional.

2. Anchor on top of foot and wrap inside to out to support arch. Use multiple pieces if needed.