

### ▶ 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.

### 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.

