



# STRENGTHTAPE®

## APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

## ITEMS NEEDED:

2 pre-cut strips of StrengthTape  
Scissors



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



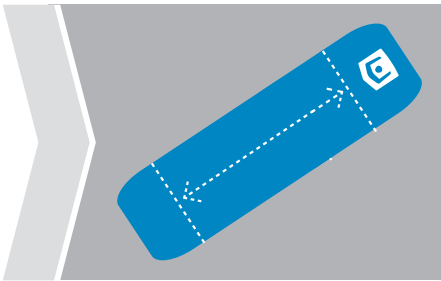
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

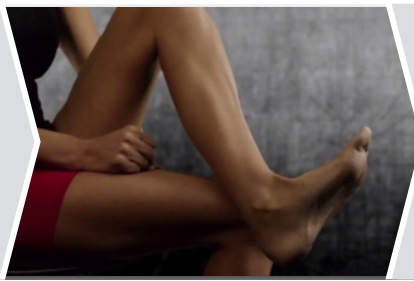
## PLANTAR FASCIITIS

### TIP:



Always anchor the first and last two inches with absolutely no stretch.

### BODY POSITION:



Flex foot, pointing toes up toward shin.

### STEP 1:



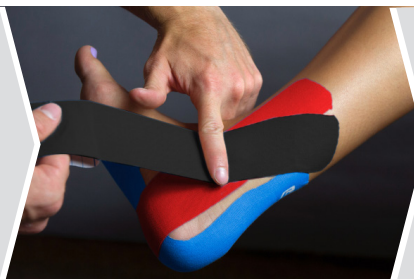
Anchor the 1st strip on ball of foot. With 50% stretch, apply over the heel and up the achilles tendon.

### STEP 2:



Anchor the 2nd strip on the inside ankle bone. With 50% stretch, apply under the foot and anchor on the outside ankle.

### STEP 3:



Anchor the 3rd strip on the inside ankle bone angled toward the arch. Apply under the foot with 50% stretch and anchor on the outside ankle.

### STEP 4:



Firmly rub to activate adhesive.