

## 2 ANKLE & FOOT APPS

For more applications, visit [strengthtape.com](http://strengthtape.com).



Avoid stretching the ends of the tape.



After applying, firmly rub the tape to activate the adhesive.

### ANKLE SPRAIN/STABILITY 3 Strips + Ankle at 90°



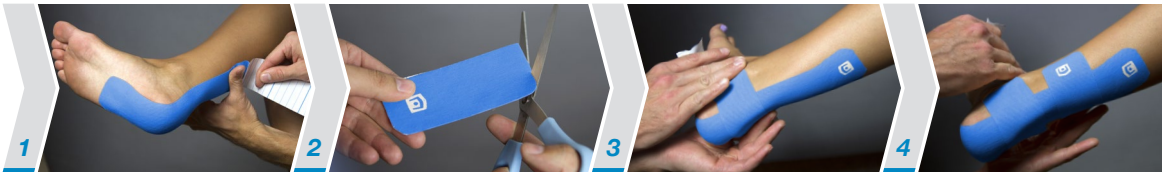
Anchor 1st strip on outside of foot just above ankle. With 50% stretch, wrap underneath the foot anchoring on the inside of the ankle.

Anchor 2nd strip on the inside of the foot. With 50% stretch, wrap around the heel, under the arch, and anchor back at the starting point.

Anchor the 3rd strip on the outside of the ankle. With 50% stretch, wrap around the heel, under the arch, and anchor back at the starting point.

Firmly rub to activate adhesive.

### ACHILLES TENDONITIS 2 Strips + Ankle at 90° with toes flexed upward



Anchor first strip under the arch of the foot. With 50% stretch, apply over the heel and up the achilles tendon.

Cut a full strip in half and round corners to make 2 short strips.

Apply the 1st half-strip with 80% stretch over the point of pain on the achilles tendon.

Apply the 2nd half-strip with 80% stretch over another point of pain on the achilles tendon. Firmly rub to activate adhesive.

### PLANTAR FASCIITIS 3 Strips + Ankle at 90° with toes flexed upward



Anchor 1st strip under just below the toes. With 50% stretch, apply over the heel and up the achilles tendon.

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

Anchor the 3rd strip on the inside ankle bone but at a steeper angle than the 2nd strip.

With 50% stretch, apply under the foot and anchor on the outside ankle. Firmly rub to activate adhesive.



Check out easy-to-follow videos at [strengthtape.com](http://strengthtape.com)

### OTHER APPLICATIONS INCLUDE:

- |                  |                   |              |
|------------------|-------------------|--------------|
| Ball of Foot     | IT Band           | Hip Flexor   |
| Top of Foot      | Plantar Fasciitis | Ribs         |
| Heel             | Jumper's Knee     | Neck Strain  |
| Calf Strain      | Carpal Tunnel     | Tennis Elbow |
| Osgood Schlatter | Joint Support     | Many more... |