

SHIN SPLINTS

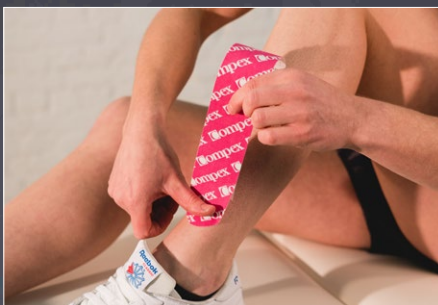
RECOMMENDATIONS

- Clean skin
- Make a rounded cut to each end of the tape using sharp scissors
- When applying, do not stretch the first and last 3-5cm of the tape
- When applied, vigorously rub the tape to activate the adhesive
- The tape can be worn for a maximum of 4-5 days



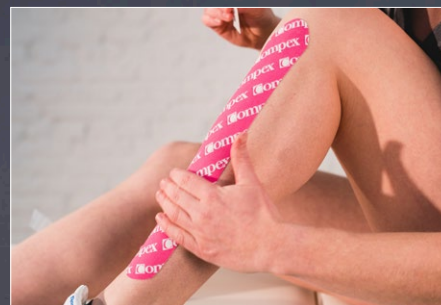
BODY POSITION

Bend knee at a 45 degree angle with toes pointing forward



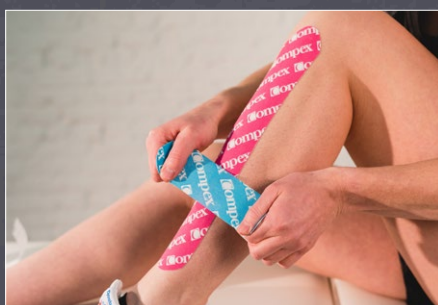
STEP 1

Attach the first 5cm of tape with 0% stretch



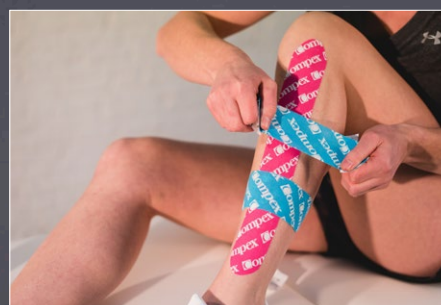
STEP 2

Tape along the shin with 25% stretch



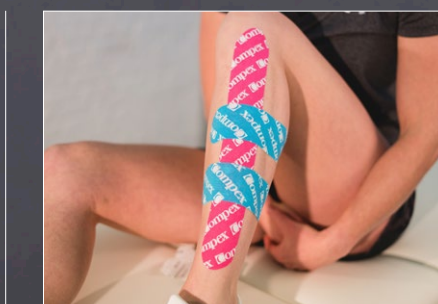
STEP 3

Tape across with 70% stretch



STEP 4

Tape across again with 70% stretch



FINAL RESULT