



KOMO know how

*Calf Taping 1:  
an easy application guide*

KOMO Tape  
Support in motion



For everyday walking and other low to medium impact exercise and sport

An easy application guide for **calf taping** for pain or **tightness in the calf muscle** and **Achilles tendon** or following a **mild calf strain**

KOMO Physio tape was designed to help **PROMOTE** movement, **IMPROVE** performance & **RESTORE** function to the injured body.



Watch the Calf and Achilles Taping with KOMO Tape video guide

**Always apply the tape to clean, dry skin**

**Remove** if skin becomes irritated.

Apply KOMO tape at least **30 minutes before exercise**.  
(This helps the tape stick for longer.)

- This is an easy taping method to **do yourself while standing** or with assistance from someone **while lying on your tummy**
- **Tuck your toes under**
- **Cut a 30 cm strip** with rounded edges
- **Cut lengthways down the middle** of the tape to 3/4 of the way to **form a "Y" shape**
- Cut a second **10cm piece** to **place across the Achilles tendon and heel**
- **Secure** the "Y" shape tape **near the Achilles at the bottom of the ankle**
- Guide the tape **up the middle of the calf to branch out to the "Y" shape**  
Each piece will **"hug" the calf muscle bulk** that is behind the knee joint and support recovery from injury
- Tear the **10cm strip** and **place across the Achilles tendon and heel** to support this area
- **Rub vigorously for 10 seconds** to help adhere to the skin
- **Stretch the tape about 50%** but do not distort the pattern on the tape otherwise too much stretch has been applied

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