



KOMO know how

*Calf Taping 2:
an easy application guide*

KOMOTape
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 or following a **calf strain**.

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



Watch the Calf 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
- **Secure tape near the Achilles** at the bottom of the ankle
- Guide the **tape up the middle of the calf** or slightly bias to one side depending on where your pain is located
- **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

www.komophysiotherapy.com.au
phone 0406 889 796

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