



KOMOknow how

*Foot ArchTaping:
an easy application guide*

KOMOTape
Support in motion



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

An easy application guide for **foot arch taping** for **shin splints** or pain on the inside of the foot near the foot arch.

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



Watch the Shin splints 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 in standing** or with assistance from someone **while lying on your tummy**
- **Cut a 60 cm strip** or measure the length of tape from **behind the knee, down back of the calf and to the toes**
- Tear the tape and **secure on the outside of the calf**
- **Stretch** the tape **towards the inside of the ankle**
- **Wrap** the tape **under the foot** and past the bony prominence on the outside of the ankle
- **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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