

PERFORMANCE MEETS SCIENCE™



# Tape CALF



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**1** Stand leaning forward on leg to be taped and keep knee straight.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip



**2**

Anchor full-strip just above achilles tendon.



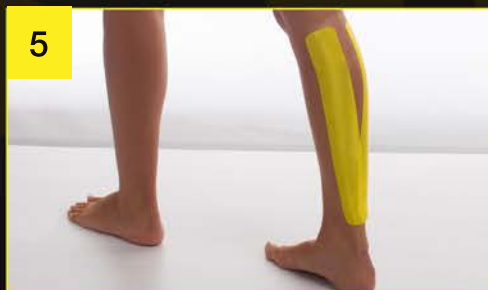
**3**

Apply with 25% along side of calf.



**4**

Lay end down with no stretch.



**5**

Anchor second full-strip just below the first strip and repeat steps 2-4.



**6**

Rub application well to securely fix all edges to skin