





<b>Location:</b>	<b>Lower leg front</b>
<b>Application:</b>	<b>Shin splints support</b>
<b>Indication:</b>	<b>Shin splints</b>
<b>Shape:</b>	<b>One long I strip &amp; one long Y strip</b>
<b>Applying position:</b>	<b>In lying position</b>

## Acti-Tape - Knee - Shin Splints - Step by Step Instructions

1.	<ul style="list-style-type: none"> <li>Lying face up with the foot relaxed.</li> <li>Apply a long I strip from under the arch of the foot up the side of the leg to just below the knee without stretching.</li> </ul>	
2.	<ul style="list-style-type: none"> <li>Smooth from the ankle towards the knee.</li> </ul>	
3.	<ul style="list-style-type: none"> <li>Estimate a point 2/3 of the distance between the center of the knee joint to the center of the ankle joint. This will be at the exact pain point where the fork of the Y strip should be placed.</li> </ul>	
4.	<ul style="list-style-type: none"> <li>Stretch the legs of the Y smoothing underneath the calf using the stretch and stick, stretch and stick technique.</li> </ul>	

5.

- The final result.

