

Location: Calf

Application: Achilles Tendon Support / Pain Relief




Indication: Pain - Achilles Tendon

Shape: One I-strip

Body Position: Lying, face down

Calf

Acti-Tape Step by Step Instructions: Achilles Tendon Support / Pain Relief

1.	<ul style="list-style-type: none"> ● Lie in a face down position with feet hanging over the edge of a bed. Raise the foot slightly with a towel under the ankle. 	
2.	<ul style="list-style-type: none"> ● Position the foot at a right angle. Apply one end of an I-strip at the heel with a moderate stretch over the tendon. 	
3.	<ul style="list-style-type: none"> ● Continue to apply the strip up towards the calf without stretch. 	
4.	<ul style="list-style-type: none"> ● Smooth down the strip firmly to complete. 	