

PERFORMANCE MEETS SCIENCE™



# Tape HEEL PAIN



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1 Place ankle at 90 degrees.



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 middle portion of full-strip with 50% stretch under heel.



3 Lay each end down with no stretch over the sides of the foot.



4 Anchor middle portion of full-strip with 50% stretch around back of heel.



5 Lay each end down with no stretch over the sides of the ankle.



6 Anchor full-strip on back of leg with enough length to reach heel.



7 Apply 50% stretch along the Achilles tendon and bottom of heel.



8 Press edges of tape around tendon and onto skin.



9 Lay end down with no stretch.



10 Rub application well to securely fix all edges to skin.

GO Tape™ is not a substitute for medical care. Discontinue use if pain or irritation occurs. Instructions and recommendations that are provided herein and elsewhere are suggestions for product use and are not medical advice. GO Tape™ does not warrant or guarantee any particular results or improvement in performance. Do not use if you have a history of cancer or blood clots. Do not apply over active skin infection or open wounds. Please consult with a healthcare professional prior to use if you have a history of diabetes, kidney disease, heart disease, or infection. GO Tape™ Milpitas, CA 95035