Name:

KT Tape: Medial Tibial Stress Syndrome (Shin Splints) Lab

\*Make sure to complete all steps of your lab. If you miss a step and realize before you are done, go ahead and make a verbal statement when being graded. BEST OF LUCK!

Kinesiology Taping for Medial Tibial Stress Syndrome (Shin Splints)

MATERIALS:

* 2 KT Y-STRIPS (you will need to cut them into a Y).

1. Make sure all strips of tape are available **(5pts).**
2. Have patient in a **standing** position **(5pts).**
3. If you do not have alcohol wipes, have patient wash their knee with soap and water and dry completely **(5pts).**
4. With your foot/toes pointing away from you, apply an 8” y-strip, starting from 3” above the ankle (**20pts).**
5. Take the medial leg of the tape and apply upward toward the medial side of the knee with a 25% stretch **(20pts).**
6. Do the same thing with the lateral leg but on the lateral side **(20pts).**
7. Apply the other 8” y-strip starting at mid lower leg level, on the lateral side **(5pts).**
8. Take the lower part of the tape and with a 50% stretch, apply it slightly upwards as to spiral around the leg **(10pts).**
9. Then take the upper part of the tape and do the same thing, just about 1” above the other tape part **(10pts).**

Total: /100pts