Name:

KT Tape: Peroneal Tendinitis 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. BEST OF LUCK!

Kinesiology Taping for Peroneal Tendinitis

MATERIALS:

* 2 strips of KT Tape
  + 2 I-STRIPS

1. Make sure all strips of tape are available **(2pt).**
2. Have patient in a **SITTING** position **(2pt).**
3. If you do not have alcohol wipes, have patient wash their elbow with soap and water and dry completely **(1pt).**
4. Extend your foot and bring your toes towards you (neutral position) **(5pts).**
5. Strip 1: anchor a full strip on the inside heel without stretch on tape **(20pts).**
6. Apply the tape around the bottom of the heel and up with a 50% stretch (**15pts).**
7. Apply the last two inches of tape without stretch **(10pts).**
8. Strip 2: anchor a full strip on the inside arch without stretch **(20pts).**
9. Apply the tape around the heel to the outside of the foot with a 50% stretch **(15pts).**
10. Apply the last two inches without stretch **(10pts).**

Total: /100pts