



Strapping Tutorial

# The Calf d<sup>3</sup> k6.0 tape Video #3

## EQUIPMENT:

- 1 roll 50mm d3 Kinesiology Tape
- d3 tape scissors
- \*d3 adhesive spray optional.



## TOP TIPS

d3 k-tape is latex-free and hypoallergenic, meaning adverse skin reactions are very rare and tape can be worn for days on end to support rehabilitation between physio sessions.

Avoid taping onto wet, hairy or heavily moisturised skin, as this can affect adhesive qualities.

Cut tape with sharp scissors, or d3 tape cutting scissors, to avoid fraying.

Round off the edges of the tape ends with scissors to help prevent tape from being peeled off the skin through abrasion.

d3 k-tape sticks best when applied directly onto the skin, rather than onto tape.

K-tape is stretchy and designed to move and react like a second layer of skin. Try to handle and place the tape carefully and avoid touching the adhesive side of the tape wherever possible.

The anchor strips, at each end of the tape, should always be applied under no stretch for better adhesion and results.

The backing tape paper can be ripped/split, but not immediately removed (until needed to) to help handle the tape and avoid touching the adhesive side.

## PREPARATION

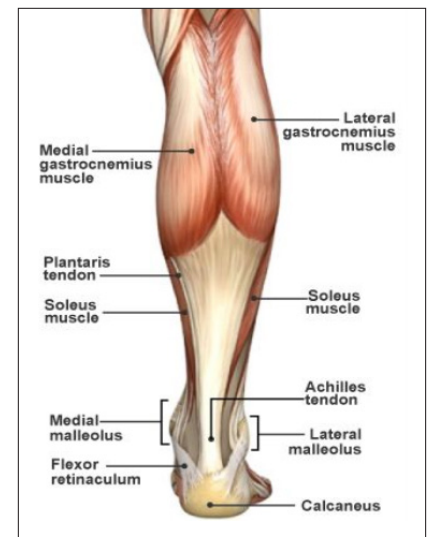
K-Tape Strips: Cut 2 strips of d3 Kinesiology tape for the the length of the actual distance from the heel to above the calf muscle (gastrocnemius) but below the back of the knee joint: 2 x 20-25 cm or as required. 0.12

(If using d3 adhesive spray, spray the area to be taped lightly and allow the area to get tacky by leaving it for 30-seconds to air dry.)



0.12

Right Leg



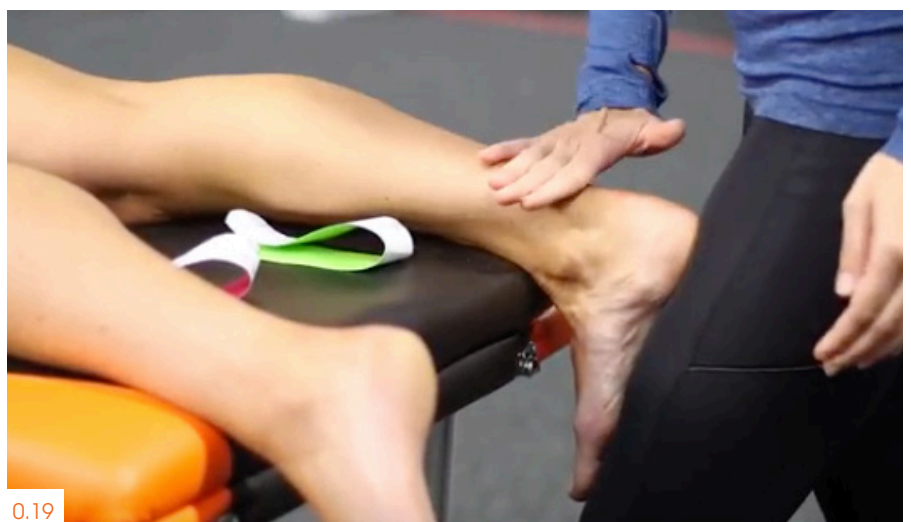
## K-STRIP #1 (GREEN IN VIDEO)

01. Place the athlete lying face down (prone) (ideally on a d3 Physio bed or on the floor). 0.13



0.13

02. Ensure the athlete's toes and foot are pointing up (dorsiflexion) use the strapper's knee to keep in this position if necessary. 0.19



0.19

**03.** Having pre-measured and cut the tape (to  $\frac{2}{3}$  of the actual stretched length desired) rip and remove 5cm of the lowest part of the backing tape to help place the initial anchor point, under zero stretch, on and around and under the heel. **0.22**

**04.** Holding the anchor firmly in place stretch the tape to 70-90% and place along the length of the the Achilles tendon (above the heel) and the follow the inside line (medial) part of the calf (gastrocnemius medial head) muscle. **0.31**

**05.** Place the top anchor (the last 5cm of tape) under no stretch, making sure it is anchored just below the back of the knee joint. **0.33**

**06.** Rub the tape with the backing paper all over to help maximise adhesion and activate the glue.



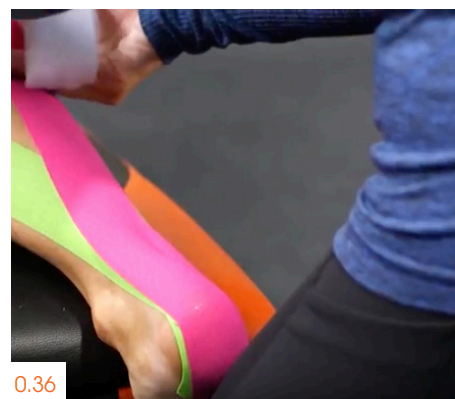
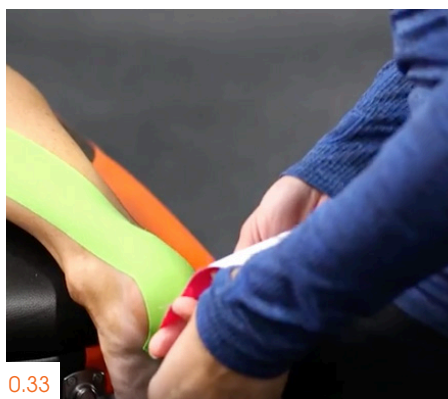
#### K-STRIP #2 (PINK IN VIDEO)

**07.** Repeat steps 1-3. When placing the first pink tape anchor, around the heel, ensure that the tape is only partially overlapping the initial (green) anchor point and not completely and directly on top of it. This is because K-Tape sticks better to skin than it does on top of other K-tape. **0.36**

**08.** Repeat steps 4-6 but instead of following the inside (medial) line of the calf (gastrocnemius) this time follow the outside line of the calf muscle (gastrocnemius lateral head). **0.37**

**09.** Place the top anchor (the last 5cm of tape) under no stretch, making sure it is anchored just below the back of the knee joint. **0.33**

**10.** Rub the tape with the backing paper all over to help maximise adhesion and activate the glue.



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d<sup>3</sup>

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