

KINESIOLOGY TAPING FOR SPORT

# CALF

**SPORTTAPE** 



# GETTING STARTED

---

Pounding the pavements can take its toll. This application is ideal for any athlete suffering with general calf tightness, or minor strains.

I like to combine two taping techniques to provide feedback and light support. Using two long strips across the belly of each gastrocnemius, and a shorter one across the point of pain.

Runners, you will need to recruit a helping hand to apply the K Tape whilst you stretch.

Always remember not to "tape by numbers" and use your own clinical reasoning for every application.

## ROB MADDEN

Rob is a Physiotherapist and Performance Coach for Hintsa Performance, working in Formula One and Private Practice.





# THE FOUNDATIONS

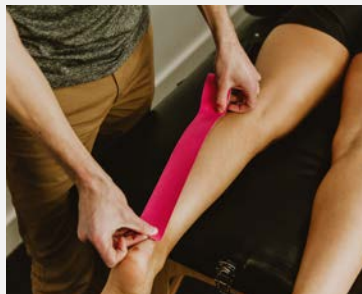
YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS



# 1

## PREPARE

Measure 2 strips from the top of the Achilles to just below the knee.



# 2

## LATERAL CALF

Rip the backing paper to reveal a small tab at one end of the tape. Stick the tape at the top of the Achilles aiming outwards.

Stretch the calf and lay the rest of the tape down with no stretch, following the belly of the muscle.



## QUICK TIP:

If you're self-taping or don't have access to a bed; stretch the calf by going into a straight-leg forward lunge.

# THE SUPPORT

USE THE TAPE'S NATURAL RECOIL TO LIFT THE SKIN AND HELP REDUCE PAIN

## 3

### MEDIAL CALF

Repeat on the opposite side., overlapping the 2 strips very slightly at the achilles.



## 4

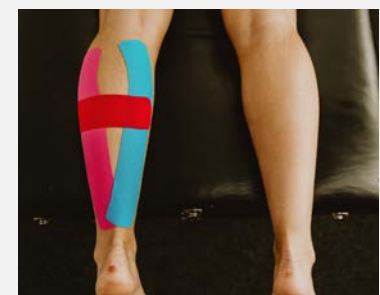
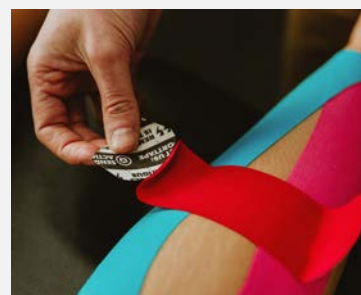
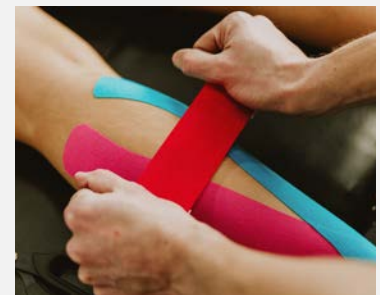
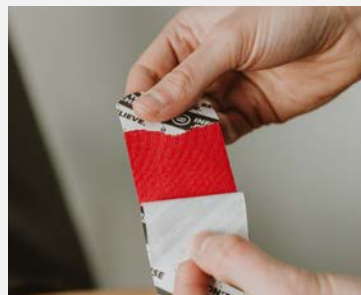
### POINT OF PAIN

If you have a particular point of pain, measure another strip across the calf and round the corners.

Rip the backing paper into 3 sections and remove the middle piece of backing paper.

With the leg straight, apply 50% stretch to the middle of the tape, aiming directly over the point of pain.

Lay the remaining tabs of the tape down with no stretch.



# THE FINISH

---

THIS IS HOW THE PERFECT CALF APPLICATION SHOULD LOOK



Please let us know how you get on with the application. If you have any questions or suggestions don't hesitate to get in touch.

We've taped thousands of calves but we're still learning and evolving.

We're here to support you and your athletes. It's our passion and we've built SPORTTAPE on providing honest practical advice, and products that work.

For your taping needs visit: [www.sporttape.co.uk](http://www.sporttape.co.uk)