

K TAPING APPLICATIONS FOR

RUNNING

SPORTTAPE 



NO NONSENSE

Running is in our blood (*we've got a GB international in our ranks*) and K TAPE is our business.

Whether you're a therapist or a runner, this E-Book will help you apply K TAPE for:

- **RUNNER'S KNEE**
- **CALF STRAINS**
- **SHIN SPLINTS**

K TAPE isn't a miracle cure **BUT** in **CAPABLE** hands and as part of a rehab program, it **MAY** assist recovery.

This no nonsense E-Book is a simple **GUIDE**, not a **PRESCRIPTION**. Everyone and everybody is different so adapt as you see fit.

AND if you have **ANY** questions, get in touch:
help@sporttape.co.uk

PREPARE

YOU WILL NEED: 5CM K TAPE AND K TAPING SCISSORS



First things first, **ALWAYS** get diagnosed by a medical professional before using K TAPE.

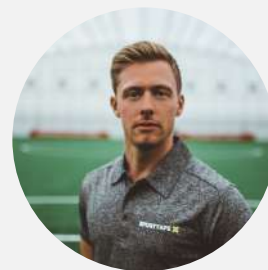
Regardless if you're using our K TAPE or not, try and **AVOID** these blunders for the best results:

- 1. Moisturiser** - K TAPE's kryptonite; wash it off.
- 2. Too hairy** - have a shave!
- 3. Heavy hands** - avoid touching the glue.
- 4. Tape on tape** - where possible stick tape to skin.
- 5. Leave time** - apply 30 mins prior to exercise.

Taping isn't hard. It just takes common sense and practice. So before you tape up, iron out these mishaps and you'll be donning tape for 5+ days.

YOUR INSTRUCTOR

These applications were created by our Academy Director, Rob Madden. Rob is a Physiotherapist and Performance Coach for Hintsa Performance, working in Formula One and Private Practice.





RUNNER'S KNEE

This application is super simple, can be self-applied and may provide immediate pain relief.

Designed to stabilise and lift the patella, moving it away from the position that causes pain. It's commonly used for runners suffering with anterior knee pain, patella tendinitis or Osgood–Schlatters - common in young athletes.

TIP FOR THERAPISTS: Check your patient's pain levels and stability during **single-leg squatting** and **hopping**, before and after K taping.

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

RUNNER'S KNEE

K TAPING APPLICATION

1

Measure **2 strips** from **5-10 cm** above to **5-10 cm** below the knee. Round the corners to prevent the tape from catching on clothing.



TIP: Fold the tape in half to round both corners at the same time.

2

Rip the backing paper to reveal a small tab at one end of the tape. Stick the tape just below the knee, aiming the tape slightly towards the inside of the knee.



Bend the knee to 45°, peel the middle section of backing paper away and stick the tape down, following the curve of the knee.



Stick the remainder of the tape down with no stretch. Repeat on the outside of the knee.



RUNNER'S KNEE

K TAPING APPLICATION

3

Measure another strip across the knee and round the corners.



TIP: Fold the tape in half to round both corners at the same time.

4

Rip the backing paper into 3 sections and remove the centre piece.



With the leg straight, apply a **50% stretch** to the middle of the tape, aiming directly underneath the patella.



As you apply the tape, bend the knee to **45°**. Lay the remaining tape down with no stretch.



TIP: When you re-straighten the leg, you will notice a folding of the skin around the knee.



CALF STRAIN

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

Two taping techniques combine to provide feedback and light support. Using two long strips 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.

TIP FOR THERAPISTS: Check your athletes pain levels and stability during **calf raises** and **hopping**, before and after taping.

CALF STRAIN

K TAPING APPLICATION

1

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



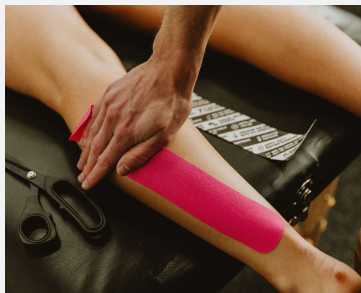
2

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.

Stick the remainder of the tape down with no stretch.

Repeat with the second strip on the inside of the calf.



RUNNERS: Stretch the calf by going into a lunge stretch.

THERAPISTS: Stretch the calf by using your knee to dorsiflex the foot.



CALF STRAIN

K TAPING APPLICATION

3

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



TIP: Fold the tape in half to round both corners at the same time.

4

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.





SHIN SPLINTS

Shin splints are the bane of a runner's life. This more advanced application involves cutting the tape length-ways to create two smaller tails and applying a slight lift over the point of pain.

However, if this proves too tricky you can always use two single strips.

TIP FOR THERAPISTS: Check your patient's pain levels and stability during **single-leg hopping, plantar and dorsiflexion** before & after taping.

If you have chronic shin pain, this could be a symptom of a stress fracture in the tibia. So please visit a specialist if your shin pain is persistent.

SHIN SPLINTS

K TAPING APPLICATION

1

Measure one strip from the bottom of the foot to the top of the shin. Cut and round the corners.



2

Invert the foot and cut your tape **down the middle** to create a Y strip. Leave a small tab of **around 5cm** at the end.



With the foot still inverted, stick the tab to the arch of the foot, aiming up the shin.



Stick your first tail on the inside of the shin bone with no stretch.



Place your second strip on the outside of the shin with no stretch.

SHIN SPLINTS

K TAPING APPLICATION

3

If you have a particular point of pain, measure another strip across the width of the shin. Cut it **down the middle** to form a Y strip, leaving a small tab.



***TIP:** Fold the tape in half to make vertical cutting easier.*

4

Stick the small tab on the inside of the shin, aiming horizontally across the main point of pain.

Using your other hand, **lightly pinch and lift** the skin whilst sticking down one tail with a small amount of stretch.

Repeat for the second tail. Once again pinch & lift the skin as you lay down the tape.



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15%**

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