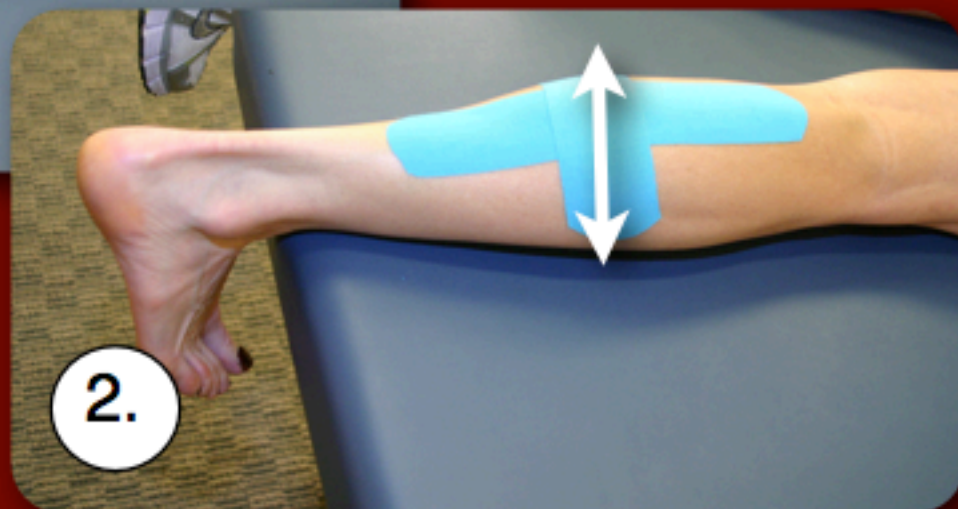


Calf



1. Dorsi-flex foot and extend knee. Anchor stabilization tape at lower calf and run superior to posterior knee. Apply little to no stretch to tape.

2. Apply decompression tape bisecting area that is fatigued/painful. Stretch tape 50-75% in middle, with no stretch at ends.