

Calf Taping

For Achilles/Calf - Pain/Support

HOW CAN HEALI HELP?

- Menthol for temporary pain relief
- Magnesium to promote healing
- Tape to help with Stability,
Decrease swelling and help
improve Muscle Function



WHY IS THIS HAPPENING?

Many possible reasons such as : Muscle Pain
due to Overuse, Inflammation, Muscle Tear
and/or
Tissue Damage.

WHAT IS CAUSING THIS?

Many possible reasons such as :Overuse,
Muscle Imbalances, Soft tissue injuries



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STEP 2

(A) Tear the Backing Strip in Centre

(B) Peel the Backing Paper - Moving From the Centre Outwards.

Be careful NOT to touch the tape

(C) Familiarize yourself with Working Zones and Anchor Zones of Tape (Avoid the tape stretching in the Anchor Zones)

AFTER APPLYING TAPE BE SURE TO RUB TAPE TO ACTIVATE INGREDIENTS AND HELP WITH STICK

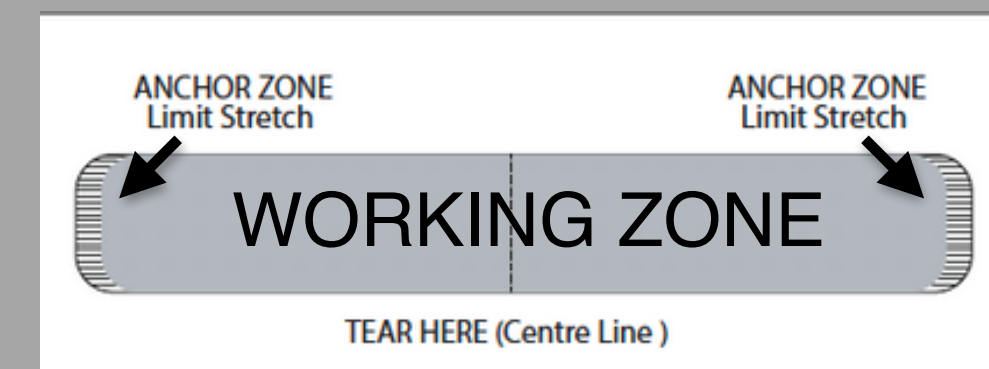
A



B



C



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WHAT YOU NEED?

Clean Body Part Before Applying
(no Oils or Lotions)

(2) x FULL STRIPS



1

2

STEP 1

Apply Tape standing to affected leg/calf.
Place affected leg back and plant heel
on ground so calf is in a stretched
position



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STEP 3

- Apply First Tape standing to inside (medial aspect) of the leg/calf.
- For Best Results, cover the painful area of the calf
- Avoid taping behind the Knee



STEP 4

- Apply Second Tape standing to outside (lateral aspect) of the leg/calf.
- For best results, cover the painful area of the calf
- Avoid taping behind the Knee
- For best stick - try and minimize the overlap of the two tapes at the achilles

