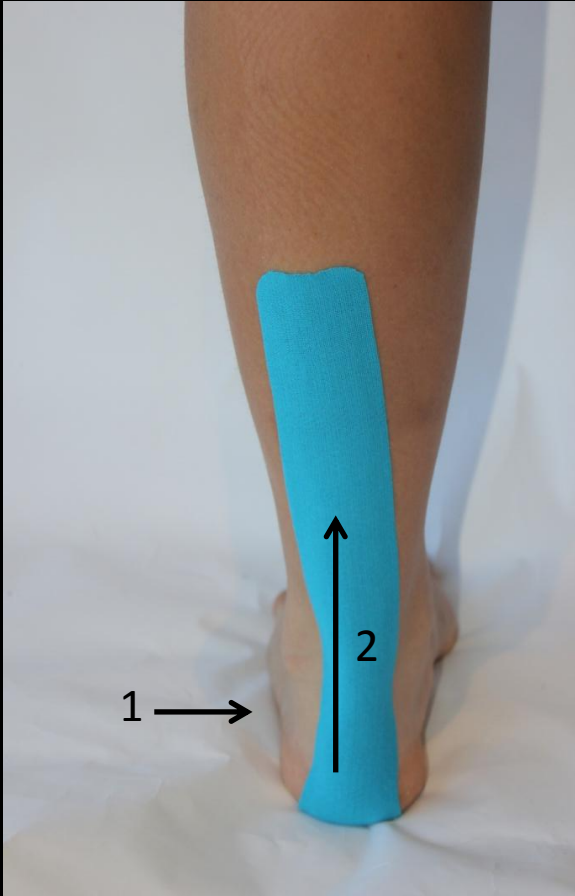




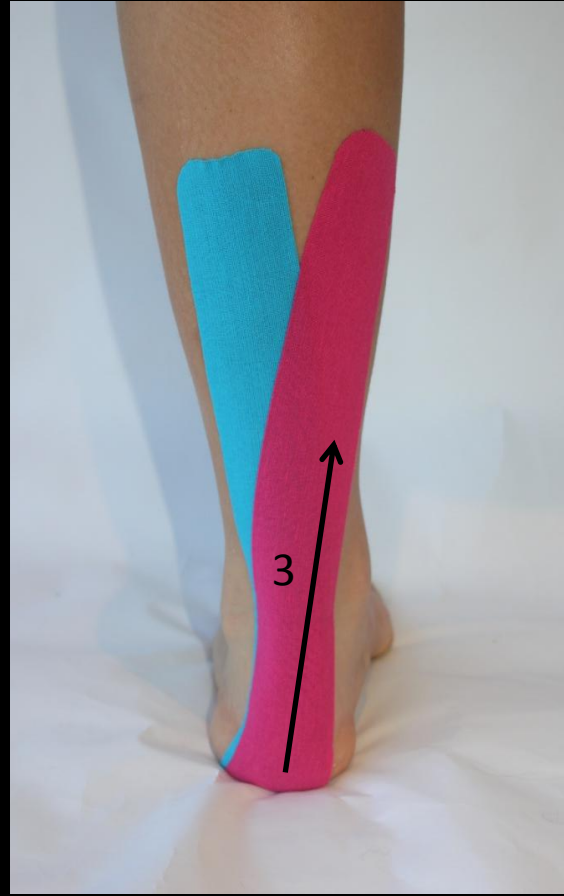
SUPPORTGUARDS AUSTRALIA

# Achilles Pain



**Step 1.** Cut Tape to correct length. Tape should start at middle of foot (1).

Wrap tape around heel & up the calf (2) rub to get good adhesion



**Step 2.** Cut another 'I' Shape piece of tape.

Then repeat the process as in step 1 (3) going off to one side of the calf



**Step 3.** Cut another 'I' Shape piece of tape.

Then repeat the process as in step 2 , (4) going off to the opposite side of the calf