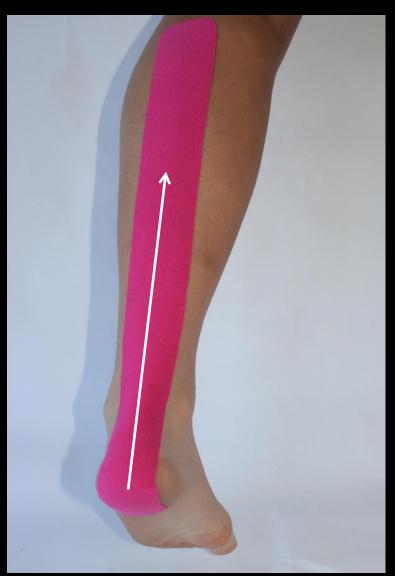


SUPPORTGUARDS AUSTRALIA

Calf Pain



Step 1. Cut Tape to correct length in an 'I' - strip

Step 2. Tear backing tape off at the bottom of the 'I' & place under the heel of the foot

Step 3. Then run the strip up the back of the leg as shown

Note: Stand on toes or point foot, ideally a partner to assist in taping