Shin Splints – Kinesiological Taping

There are several different brands of kinesiology style tape. I have had luck using Kinesio Tape and Mummy Tape brands. There are many other useful taping techniques which utilize different forms of tape. Below is an example of one method I use to tape when treating shin splints.

Be sure to round the corners of the tape prior to applying. This helps to keep it from catching on clothing. The tape is heat activated. This means it gets stickier as it warms up to your body temperature. **Apply the tape at least 30 minutes prior to activity.** The tape can get wet as long as you allow it to dry thoroughly. You could even use a hair dryer. Remember that the tape becomes very sticky, so please refer to **Skin Care with Taping.pdf** to insure proper application and removal.

Tape Application – Stage One

Round the corners of the tape. Remove approximately 1 inch of the backing on the tape. Without stretching it, apply the 1 inch section of tape to the top of the foot to the outside edge of center. Another 1 inch section on the opposite end should be applied, without stretch, to the origin point of the tibialis anterior muscle (the muscle along the shinbone). Apply the tape to the top portion where it bulges up prior to the knee. Keep the foot flexed upward (dorsiflexed) during application so that you can place your fingers under the middle portion of the tape.

Tape Application – Stage Two

Point your foot downward (plantarflex). There should be an approximate 25-35% stretch in the middle of the tape. Apply the tape to your skin along the tibialis anterior muscle. Be sure to rub vigorously to warm up the tape and to increase its stickiness.

Kinesiological Taping for Shin Splints

Be sure to apply the tape at least 30 minutes prior to exercise. You can repeat this technique for the other leg if you are experiencing symptoms on both of the legs. You may wear your compression sleeve/stockings over the tape if you are utilizing them as part of your prevention or treatment strategy.

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