# Taping calf

K-Active

↓ Directly to taping calf guide

## Main area of application

Calf strain
Muscle hardening
Muscle sores

## What you need

2 tape strips:

1 x tape (blue) -> about 25 - 30 cm
1 x tape (pink) -> about 20 - 25 cm

## Duration of application

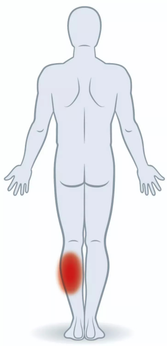
Up to 7 days

* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

## Calf pain

The calf is an important area of our body that plays a central role in the movement and stability of the leg. Calf pain can be triggered by various causes and affects people of all ages. The main muscles in the calf, the gastrocnemius and soleus, are particularly prone to overloading and injury, which can lead to significant discomfort.

Calf pain can occur suddenly, for example, due to an acute injury during sports, or develop slowly when the muscles are stressed over a long period of time. The most common triggers are muscle tension caused by excessive or unusual exercise. Long standing, intense exercise, or sudden movements can cause the muscles to harden and cause pain.



**Information**

### General information about the calf

The calf consists mainly of **two large muscles**, the gastrocnemius and the soleus, which together form the calf muscle. These muscles are responsible for the movement and stability of the leg, especially during activities such as walking, running and jumping. The gastrocnemius, the larger of the two muscles, is involved in the flexion of the knee and the plantar flexion of the foot, while the soleus, which is located under the gastrocnemius, contributes mainly to the stabilization of the leg. Both muscles unite in the Achilles tendon, which attaches to the heel. A well-functioning calf muscles are essential for everyday mobility and balance.

### Causes for calf pain

Pain in the calf can be caused by a number of factors, including:

- **Muscle tension**: Often caused by overstrain, poor posture or intense training. These tensions lead to pain and stiffness in the calf.
- **Calf sprain**: Sudden overstretching of the muscle fibers, usually due to rapid or uncoordinated movements. Typical are acute pain and limited mobility.
- **Muscle hardening**: Hardening in the calf often occurs due to insufficient regeneration after intense physical activity. The muscles feel hard and sensitive to pressure.
- **Muscle aches**: Muscle aches in the calf are micro-injuries of the muscle fibers after unusual or intense stress. Characteristic are pain and stiffness, which usually occurs after 24-48 hours.
- **Varicose veins and blood circulation disorders**: Enlarged and damaged veins can cause heaviness, pain and swelling in the calf. Problems with blood circulation, such as arterial occlusions or vein disorders, can also cause calf pain.
- **Injuries**: These include bruises, strains or tears in the muscle or tendon tissue of the calf caused by accidents or overload.
- **Nerve compression**: Irritation or pinching of nerves, often caused by problems in the lumbar spine, can radiate as pain into the calf.

### How does K-Active Tape help with calf pain?

The K-Active Tape stabilizes and supports the calf area, reduces stress and can thus support healing. It helps to relieve pain through sensory stimulation, improve blood circulation and lymph flow, reducing swelling and inflammation. In addition, the tape optimizes proprioception, corrects misalignment and can counteract further injuries while maintaining freedom of movement.

## Taping calf - Tips


**Apply before activity** | **Dry & clean skin** | **Round off tape edges** | **Rub over tape after applying** | **Do not wear for more than 7 days**

## Step by step tape tutorial

Download instruction

⇨ 1.

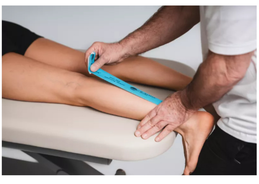
Before you start taping, carry out a functional test of the calf. To do this, place your hand on the person's calf and check the tension and mobility of the calf muscle. This helps to determine the exact position of the tape and ensure that the tape provides the desired support.

⇨ 2.

Repeat the functional test by placing your hand on the calf from the opposite direction and checking the tension and mobility again.

⇨ 3.

Then apply the base of the tape strip to the lower calf without tension (0% stretch). Leave the ends with protective paper.

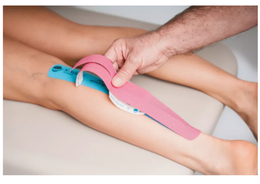


⇨ 4.

Slowly peel off the release paper from the tape while running the tape under slight tension (10-15% stretch) upwards along the back of the calf.

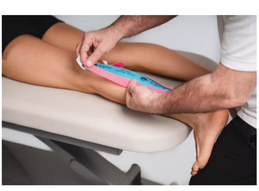
⇨ 5.

To activate, wipe over the tape again.



⇨ 6.

Now tape the base of the second strip slightly below the base of the first tape strip.

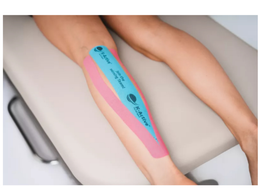


⇨ 7.

Apply the left tape rein with slight tension (10-15% stretch) along the back of the calf.

⇨ 8.

Apply the second tape rein in the same way.



⇨ 9.

😍 Stroke over the tape to activate it and ensure that it adheres well. The tape application on the calf is finished.