

GETTING STARTED

1 PREPARE THE SKIN



Be sure the skin is free from oils, lotions, and moisture before applying. Cleaning the skin with alcohol will ensure a strong adhesive bond.

2 "I" AND "Y" STRIPS

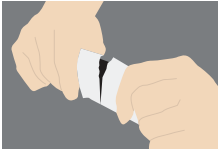


3 STRIPS CAN BE APPLIED IN TWO WAYS:



Anchored at the end. Remove 2" of paper from end of tape and apply.

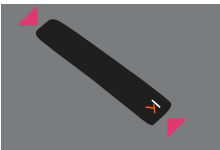
◀ OR ▶



Anchored from middle. Tear paper in middle and peel back paper to expose middle section of tape.



4 TAPE ENDS



Always attach the last 2" without stretching tape.

5 SETTING ADHESIVE



To ensure proper setting of the adhesive, rub hand over tape to secure the edges.

6 TO STRETCH OR NOT?



Stretch tape as directed for each application.

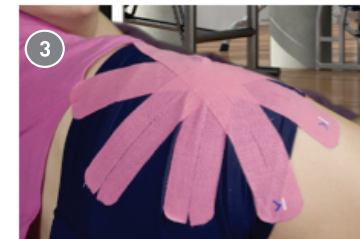
APPLYING THE TAPE



Lying on side, place the IT Band on stretch by lowering the upper leg. Apply full stretch to the middle section of an I strip and apply over the point of pain. Lay down the tails of the tape without stretching the tape.



Continue applying three additional I strips in the same manner forming a star over the hip



HELPFUL TIPS

1. Be sure that the tape is at room temperature or warmer before applying.
2. Make every effort to apply tape directly to skin and not on top of other tape. KT Tape does not adhere well to itself and may loosen prematurely if the ends are not attached to skin.
3. KT Tape is water resistant and can remain attached during water activities and bathing. The tape should be applied one hour before entering the water or engaging in heavy physical activity to make sure that the adhesive is set.
4. Do not use KT Tape as a first aid bandage or on open wounds.
5. KT Tape can be worn for up to five days per application. Discontinue use immediately if KT Tape results in increased soreness or skin irritation.

These instructions provide general techniques in applying KT Tape for common conditions and are for educational purposes only. They are not meant to replace professional medical advice or treatment. Muscle and joint pain can and often does indicate serious conditions requiring professional medical evaluation and treatment. Seek professional care for persistent pain and dysfunction.

 **TO SEE VIDEOS OF EACH APPLICATION GO TO WWW.KTTAPE.COM**

We'd love to hear from you. Send pictures, video or just tell us how your using KT Tape and how it helped:

 www.facebook.com/kttape

 www.twitter.com/kttape

 www.kttape.com