

▶ Basic Application Tips



End to End Application: Tear backing 2-3" from end of tape and remove from end of tape only. Apply to skin with no stretch and rub to activate adhesive. Apply center of tape with desired stretch. Finish with no stretch in final 2".



Middle Stretch Application: Tear backing across middle and begin to peel back from center. Stretch tape as indicated and apply from center towards ends. Apply final 2" of each end with no stretch.

IT Band



1. Apply first strip of tape with no stretch, beginning on hip bone and ending below knee.

2. Apply 2nd strip across outer leg just above the knee. Stretch tape 50% in middle, no stretch at ends.