

Sciatica/HamString



Sciatica: Apply tape with no stretch, beginning below glutes and ending above ankle.

Hamstring: Stretch hamstring. Apply tape with 50% stretch, beginning below glutes and ending below knee. Apply 2nd strip across belly of hamstring over painful area. Stretch tape 50% in middle, no stretch at ends.

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.

Groin



1. Apply first strip of tape with no stretch, beginning just below pubic bone and ending above knee..

2. Apply 2nd strip directly over painful area. Stretch tape 50% in middle, no stretch at ends.



Thigh



1. Bend knee to stretch quadriceps. Apply a single strip of tape with no stretch, along the entire length of the injured quadriceps muscle.

2. Apply a 2nd strip across the entire front thigh area, directly over the most painful spot. Stretch tape 50% in middle, no stretch at ends.

