

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



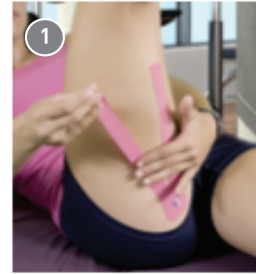
To ensure proper setting of the adhesive, rub hand over tape to secure the edges.

6 TO STRETCH OR NOT?



Stretch tape as directed for each application.

APPLYING THE TAPE



With the hamstring on a stretch, anchor a Y strip below (as viewed here) the point of pain and apply the arms of the Y strip on either side of the point of pain without stretching the tape as shown.



For additional support add a second Y strip as follows: continue stretching the hamstring, anchor a Y strip to the inside of leg and apply arms of Y strip above and below the area of pain with medium stretch on the tape as shown.

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

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