

KT TAPE®

KINESIOLOGY THERAPEUTIC TAPE



kttape.com/instructions

1 BEFORE YOU START

Use the following tips for best results. Follow all directions.



APPLY BEFORE ACTIVITY
Apply tape one hour before beginning activity.



CLEAN SKIN
Clean dirt, oils and lotions from area with rubbing alcohol



TRIM HAIR
Trim excessive hair for better adhesion.



DON'T RIP OFF!
Gently remove tape from skin, use baby oil if necessary and remove slowly.



DON'T OVERSTRETCH
Overstretching tape may result in skin irritation and/or abrasions.



END ON SKIN, NOT ON TAPE
Apply directly to skin when possible, especially the ends.

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Improper application, overstretching, or applying on areas of sensitive skin, and improper or quick removal may result in skin irritation, blisters or skin abrasion. In rare cases, a user may experience a burning or stinging sensation which may indicate a mild allergic skin reaction. Follow instructions for **SENSITIVE SKIN OR STRONG ADHESIVE** tape removal and discontinue use. Do not place KT TAPE® directly over cuts or open wounds. Discontinue use if skin becomes irritated or sore. One or more of the components of this product is a dyed material. There is a possibility that some color migration may occur during use. Instructions provided are for educational use only. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.

APPLY AS NEEDED - CAN BE WORN UP TO 8 DAYS

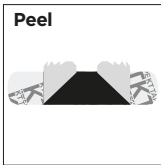
2 HOW TO APPLY

To remove paper without touching adhesive.

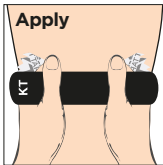
APPLYING MIDDLE FIRST



Twist and pull to tear paper in the center.

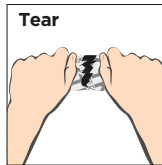


Peel paper leaving 2" of paper on both sides for handling.

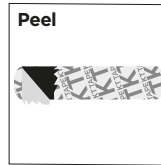


Apply as shown.

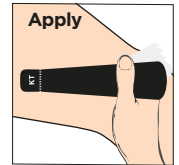
APPLYING END FIRST



Twist and pull to tear paper 2" from the end.



Remove the 2" of paper from end.



Apply as shown.

3 COMMON INJURIES*

*Not clinically proven for all injuries.

For more information about how to apply tape or to see tape stretching examples, visit www.kttape.com/instructions



Assume the specified body position and maintain throughout application.



After applying, activate adhesive by rubbing tape.



DO NOT stretch ends of the tape.

BACK PAIN - LOWER BACK PAIN



While standing, bend forward at the waist putting a slight stretch on your low back.



Holding horizontally, apply moderate stretch and place across low back, directly below point of pain.



With two inches remaining, lay both ends down with no stretch.



Repeat with strip two applying with a light stretch parallel to strip one, directly above the point of pain.



With two inches remaining, lay both ends down with no stretch.

KNEE PAIN - FULL KNEE SUPPORT



Begin sitting with a bent knee. Cut one strip in half, rounding the corners to create two half strips.



With a moderate stretch, adhere the center of one half strip directly below the kneecap. Lay both ends down with no stretch.



Adhere 2 inches with no stretch on the inner quad. Apply around the knee cap with moderate stretch and lay last two inches with no stretch.



Anchor second full strip on the outer quad. With a moderate stretch, apply around the knee cap and lay the end down with no stretch.



Finish with a gentle rub over the application to improve adhesion.

SHOULDER PAIN - GENERAL SHOULDER



Reach your arm across your chest to lightly stretch the back of your shoulder.



Adhere two inches of tape with no stretch on the outside of the arm, between the shoulder and elbow joints.



With a light stretch, apply the tape along the back of the shoulder, continuing to the top.



Next to strip one, anchor with no stretch on the inside of the arm.



With a light stretch, apply strip two tape along the front of the shoulder, continuing to the top. With two inches remaining, lay the end down with no stretch.

4 WATCH HOW-TO VIDEOS
kttape.com/instructions

APPLICATIONS FOR MANY COMMON INJURIES*

- Runner's Knee
- Plantar Fasciitis
- General Shoulder Pain
- General Knee Pain
- Shin Splints
- Medial Knee Pain
- Neck & Shoulder Pain
- Jumper's Knee
- Lower Back Pain
- Lateral Knee Pain
- AC Joint Sprain
- Front Shoulder Pain
- SI Joint Pain
- Peroneal Tendonitis
- Wrist Sprain
- Hip Flexor
- Pain on Top of Foot
- Heel Pain
- Foot Pad Pain
- ITBS at Hip



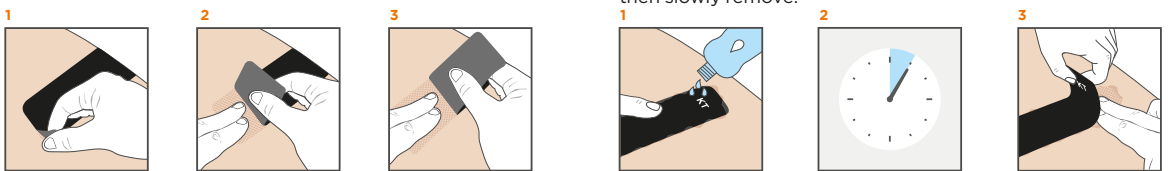
*Not clinically proven for all injuries

DON'T SEE YOUR INJURY HERE? FIND MANY COMMON APPLICATIONS AT: kttape.com/instructions

WARNING: If you have sensitive skin, the PRO EXTREME® version, are removing the tape early or if you experience difficulty or discomfort when removing, follow instructions below for SENSITIVE SKIN OR STRONG ADHESIVE.

5 TAPE REMOVAL

Begin by peeling tape up at a corner. Hold skin down where tape is being pulled off with one hand while gently pulling tape up with the other hand. Remove slowly.



FOR SENSITIVE SKIN, EARLY REMOVAL OR STRONG ADHESIVE

In cases of sensitive skin, early removal or when the tape is difficult to remove, rub baby oil or olive oil into the top of the tape to help break down the adhesive. Wait five minutes and then slowly remove.

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KT RECOVERY+®
Pain Relief Gel

NEW!



Learn more at: kttape.com/painreliefgel and learn more about coupons, savings and more.

PRO®
Synthetic Tape Lasts 4-7 Days



PRO EXTREME®
Extra Strength Adhesive



PRO® WIDE
For Large Muscle Groups*



ORIGINAL
Cotton Tape Lasts 1-3 Days



GENTLE
Easy Removal



KT RECOVERY+®
Mobile Ice/Heat Therapy



ICE/HEAT MASSAGE ROLLER



BLISTER PREVENTION TAPE†



* Barrier tape has been shown to reduce the occurrence of blisters

BLISTER TREATMENT PATCH



*Not clinically proven for all injuries

- Keep away from sunlight
- Keep dry
- Min. Temp. = 0°C, Max. Temp. = 60°C
- Keep away from open flames

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DO NOT REUSE

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