

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 and oils from skin and allow to dry.



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.

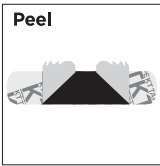
2 HANDLING TAPE

To remove paper without touching adhesive.

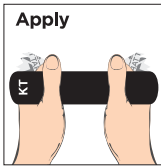
APPLYING MIDDLE FIRST



Tear
Twist and pull to tear paper in the center.

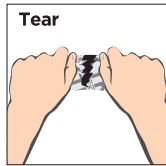


Peel
Peel paper leaving 1.5" of paper on both sides for handling.



Apply
Apply as shown.

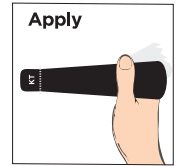
APPLYING END FIRST



Tear
Twist and pull to tear paper 1.5" from the end.



Peel
Remove the 1.5" of paper from end.



Apply
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.

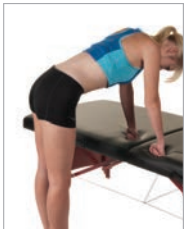


After applying, activate adhesive by rubbing tape.

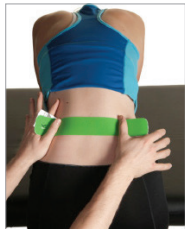


DO NOT stretch ends of the tape.

BACK PAIN - LOWER BACK PAIN



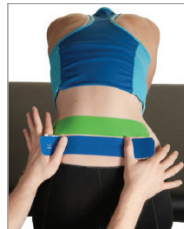
Lean forward to stretch the lower back.



Apply middle of full strip over the point of pain with 80% stretch.



Lay ends down without stretch.



Apply middle of second full strip under the first strip with 80% stretch.



Lay ends down without stretch. Rub tape to activate adhesive.

KNEE PAIN - FULL KNEE SUPPORT



Bend knee to 90 degrees. Cut one strip in half, rounding the corners to create two half strips.



Apply half strip under kneecap. Stretch middle of tape 80%. Lay ends without stretch.



Anchor on quad. Stretch tape 20% down to kneecap and 50% around kneecap. Lay last two inches without stretch.

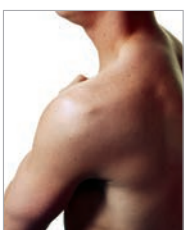


Anchor on quad. Stretch tape 20% down to kneecap and 50% around kneecap. Lay last two inches without stretch.



Rub tape to activate adhesive.

SHOULDER PAIN - GENERAL SHOULDER



Tilt head away from the shoulder, looking down. Place arm across the chest.



Anchor a full strip on the lower deltoid without stretch.



Apply the tape around the back of the shoulder with 20% stretch.



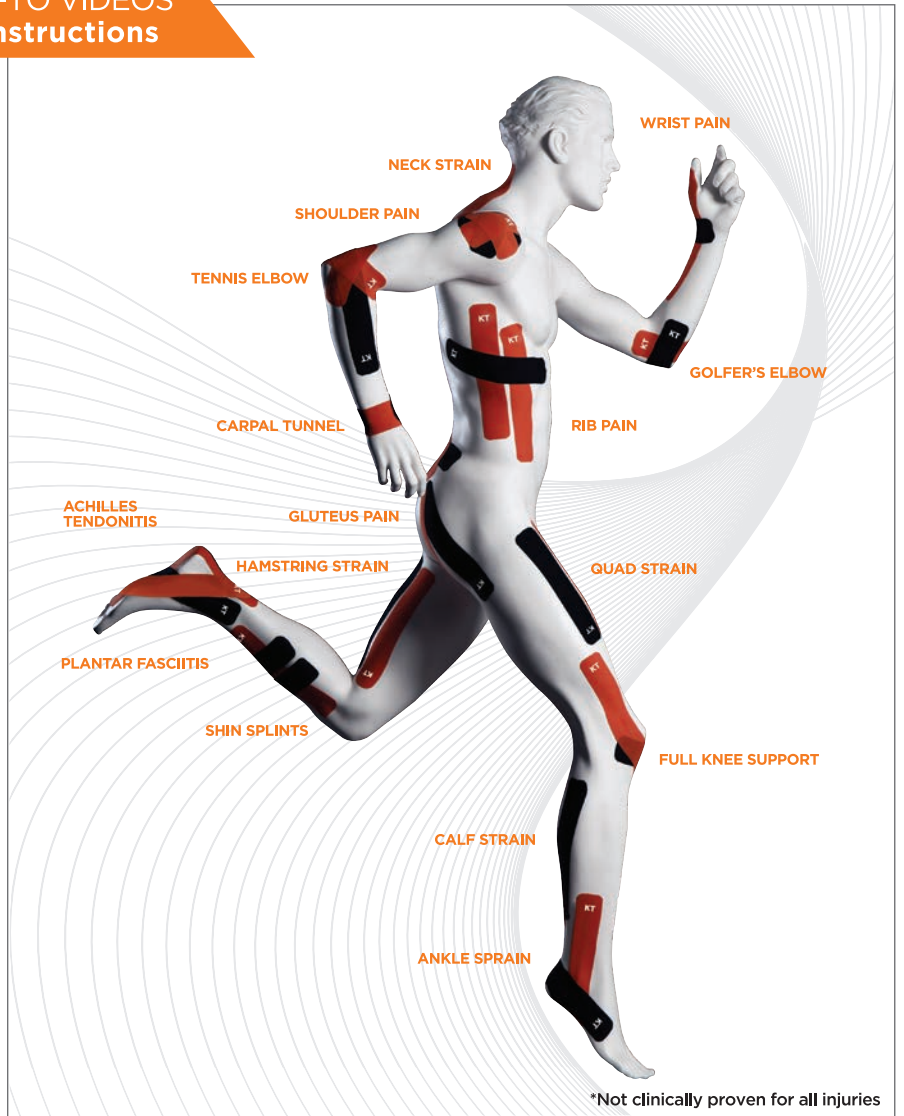
Anchor a full strip an inch below the first piece of tape without stretch.



Apply tape up to the top of the shoulder with 20% stretch. Apply the last two inches without stretch. Rub tape to activate adhesive.

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



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.

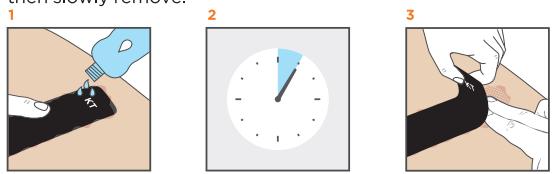
5 TAPE REMOVAL

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.



LEARN ABOUT OUR PRODUCTS AT www.kttape.com



*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

† Hydrocolloid in product shown to heal blisters up to 2x faster than dry bandage

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