

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

TENNIS ELBOW

YOU WILL NEED



STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchor.



TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.

ALL COLORS of KT Tape® are designed to perform equally.

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



Rest your forearm across your body.

STRIP ONE



NO STRETCH

ANCHOR: Place anchor with no stretch just above your outer elbow directing strip toward your outer forearm and wrist.



LIGHT STRETCH

APPLY: Place outer forearm on stretch by turning your palm down and flexing your wrist. Apply light stretch, directing the strip over the bony prominence of elbow and curving slightly toward back of wrist.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch.

STRIP TWO



NO STRETCH

ANCHOR: With your elbow flexed, place the anchor on the back of your forearm just below the elbow, directing the strip toward the front of your forearm.



MODERATE STRETCH

APPLY: With moderate stretch, apply the strip across the area of discomfort.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch.



WATCH THE VIDEO
<https://physioproductskenya.com>

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. K TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**