

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

GOLFER'S ELBOW

YOU WILL NEED



STRIP ONE:
Tear backing paper two inches from end to create starting anchor.

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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

Flex elbow



STRIP ONE



NO STRETCH



NO STRETCH

ANCHOR: Place your anchor just above your inner elbow, directing the strip towards your inner forearm and wrist.

APPLY: Now place the inner portion of your forearm on stretch by turning your palm up and extending your wrist.



LIGHT STRETCH



NO STRETCH

APPLY: Apply a light stretch directing the strip over the bony prominence of your inner elbow, curving up slightly over the inner portion of your forearm.

FINISH: Apply the last two inches with no stretch.

STRIP TWO



NO STRETCH

ANCHOR: Anchor a half strip just below the back of your elbow, directing the strip toward the front of your forearm.



MODERATE

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



MODERATE

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.**