

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

GENERAL ELBOW

YOU WILL NEED



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

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

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

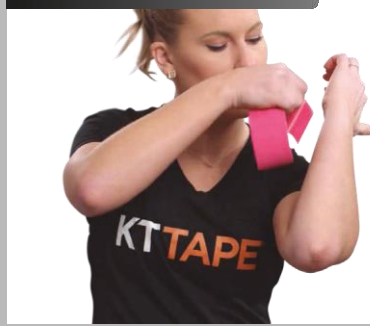
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



With your elbow flexed and palm facing your shoulder.

STRIP ONE



NO STRETCH

ANCHOR: Place your anchor with no stretch over your forearm approximately four inches below your elbow just to the inside of the bony ridge. Direct the strip toward your elbow.



MODERATE

APPLY: Apply a light stretch directing the strip over the inner portion of your elbow toward the back of your upper arm.



NO STRETCH

FINISH: Apply the last two inches of tape without stretch.

STRIP TWO



NO STRETCH

ANCHOR: Bend your arm across your body. Apply your second strip anchor next to your first anchor, directing the strip toward your elbow.



MODERATE

APPLY: Apply a light stretch directing the strip over the outer portion of your elbow toward the back of your upper arm.



NO STRETCH

FINISH: Apply the last two inches of tape without 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.**