

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## BICEP

### YOU WILL NEED



#### STRIP ONE:

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

**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

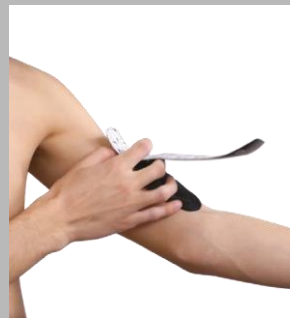


### BODY POSITION

Pull your arm back with your palm forward



### STRIP ONE



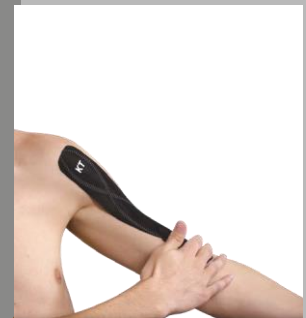
#### NO STRETCH

**ANCHOR:** Place the anchor just above the elbow crease.



#### LIGHT STRETCH

**APPLY:** With a light stretch, lay the tape down along the bicep, ending at the front of the shoulder.



#### NO STRETCH

**FINISH:** Lay the last two inches down without stretch rubbing the application for improved adhesion.



### WATCH THE VIDEO

<https://physioproductskenya.com>