



NEVY

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



DY POSITIC

STRIP ONE



NO STRETCH

ANCHOR: Place the anchor just above the elbow crease.



Pull your arm back with your palm forward

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



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



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



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.