



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.