

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## GLUTEUS

### YOU WILL NEED



**STRIPS ONE & TWO:** Tear backing paper two inches from end to 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

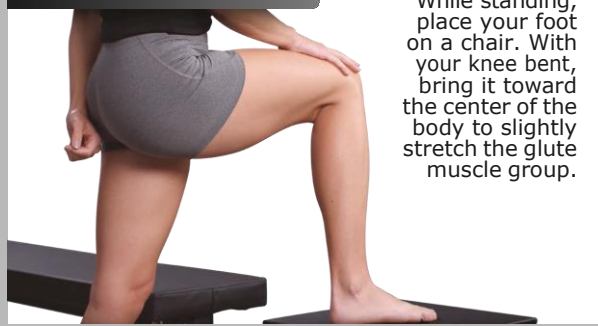
Clean dirt, oils and lotions from area using rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION



While standing, place your foot on a chair. With your knee bent, bring it toward the center of the body to slightly stretch the glute muscle group.

Apply directly to the skin. Photos are for placement only.

### STRIP ONE



**NO STRETCH**

**ANCHOR:** Place the anchor near the middle of your lower back.



**LIGHT STRETCH**

**APPLY:** Lightly stretching the tape, apply the tape to just below the hip.



**NO STRETCH**

**FINISH:** Apply the second anchor with no stretch.

### STRIP TWO



**NO STRETCH**

**ANCHOR:** Repeat with the second strip parallel to the first.



**LIGHT STRETCH**

**APPLY:** Lightly stretching the tape, apply the tape just below the first strip.



**NO STRETCH**

**FINISH:** Apply the last anchor with no stretch and gently rub the application for improved adhesion.



**WATCH THE VIDEO**

<https://physioproductskenya.com>