

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

GROIN

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



Position yourself with a stretch along the inner thigh. Sitting on a chair with legs apart will achieve this*.

*Apply tape directly to skin, photos show placement on body only.

STRIP ONE



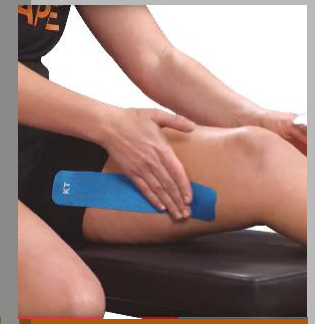
NO STRETCH

ANCHOR: Place the anchor about an inch below where your hip creases.



LIGHT STRETCH

APPLY: Apply a light stretch on the tape while smoothing it down along the point of pain on a slight diagonal.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch.

STRIP TWO



NO STRETCH

APPLY: This can be repeated with an additional strip parallel to the first.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch. Rub the application for improved adhesion.



WATCH THE VIDEO

<https://physioproductskenya.com>