

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## HAMSTRINGS

### 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



Put your heel on a chair and lean forward with your leg straight. This will put a light stretch on the hamstring muscle group.

### STRIP ONE



#### NOSTRETCH

**ANCHOR:** Adhere two inches of tape with no stretch above the point of pain.



#### LIGHT STRETCH

**APPLY:** With a light stretch, apply the tape along the hamstring just outside the point of pain.



#### NOSTRETCH

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

### STRIP TWO



#### NOSTRETCH

**ANCHOR:** Next to strip one, anchor with no stretch two inches above point of pain.



#### LIGHT STRETCH

**APPLY:** With a light stretch, apply strip two along the hamstring just inside point of pain, parallel to strip one.



#### NOSTRETCH

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



### WATCH THE VIDEO

<https://physioproductskenya.com>