

HIP FLEXOR

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





STRIP ONE



ANCHOR: Anchor about two inches above where your hip creases with no stretch.



APPLY: With a light stretch apply the tape through the hip joint diagonally.



*Apply KT Tape

directly to skin, photos are for body placement only.

FINISH: Apply the last two inches with no stretch.

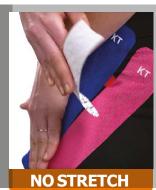
STRIP TWO



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



APPLY: With a light stretch apply the tape diagonally.



FINISH: Apply the last two inches with no stretch.

