

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## 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

### BODY POSITION

While standing, bend into a lunge position with a stretch on the front of the hip.\*



\*Apply KT Tape directly to skin, photos are for body placement only.

### STRIP ONE



#### NO STRETCH

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



#### LIGHT STRETCH

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



#### NO STRETCH

**FINISH:** Apply the last two inches with no stretch.

### STRIP TWO



#### NO STRETCH

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



#### LIGHT STRETCH

**APPLY:** With a light stretch apply the tape diagonally.



#### NO STRETCH

**FINISH:** Apply the last two inches with no stretch.



### WATCH THE VIDEO

<https://physioproductskenya.com>