

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

IT BAND - HIP

YOU WILL NEED



STRIPS ONE:

Tear backing paper two inches from end to create starting anchor.



STRIPS TWO & THREE:

Tear backing paper at the center of the half strips to begin application.



TO CREATE A HALF STRIP:
Fold a full strip in half and cut folded edge rounding the corners.

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, sitting on the edge of a chair with your leg crossed over to put your IT band on stretch.*

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

STRIP ONE



NO STRETCH



LIGHT STRETCH



NO STRETCH

ANCHOR: Place first two inches of tape with no stretch two inches above the hip bone.

APPLY: Apply a light stretch on the tape with one hand while adhering it along the IT band with other hand.

FINISH: Finally, apply the last two inches without any stretch.

STRIP TWO



MODERATE



NO STRETCH

APPLY: Take a half strip and tear the paper backing in the middle. With moderate stretch apply the tape directly over your point of pain.

FINISH: Lay down the ends with no stretch. Gently rub over the application for better adhesion.

STRIP THREE



MODERATE



NO STRETCH

APPLY: Repeat with second half strip over other points of pain.

FINISH: Lay down the ends with no stretch. Gently rub over the application for better adhesion.



WATCH THE VIDEO

<https://physioproductskenya.com>

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. K TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**