

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## LOW BACK

### YOU WILL NEED



**STRIPS ONE & TWO:**  
Tear backing paper at the center of each strip to begin application.

**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, flex forward at the waist putting a slight stretch on your low back.\*

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

### STRIP ONE



#### MODERATE STRETCH

**APPLY:** Holding horizontally, apply moderate stretch and place across low back, directly below point of pain.



#### NO STRETCH

**FINISH:** With two inches remaining, lay both ends down with no stretch.

### STRIP TWO



#### LIGHT STRETCH

**APPLY:** Repeat with strip two applying with a light stretch parallel to strip one, directly above the point of pain.



#### NO STRETCH

**FINISH:** With two inches remaining, lay both ends down with no stretch.



### WATCH THE VIDEO

<https://physioproductskenya.com>