

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## MIDDLE BACK

### YOU WILL NEED



**STRIPS ONE & TWO:** Tear backing paper two inches from end to create starting anchors.

**ALL COLORS** of K Tape® are designed to perform equally.

### BEFORE YOU START

#### APPLY BEFORE ACTIVITY

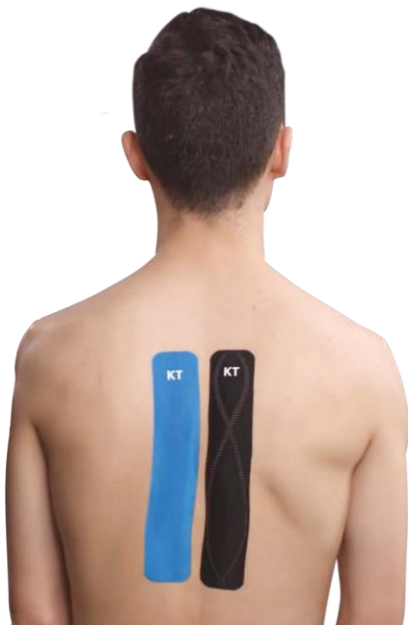
Apply one hour before beginning activity

#### CLEAN SKIN

Clean dirt, oils and lotions from area using rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION

Flex your upper body, to create a slight stretch on your back.



### STRIP ONE



**NOSTRETCH**

**ANCHOR:** Apply the anchor with no stretch 4 inches below the point of pain, on one side of your spine.



**LIGHT STRETCH**

**APPLY:** With a light stretch on the tape, apply the strip along the spine, over the painful area.



**NOSTRETCH**

**FINISH:** Apply the second anchor with no stretch.

### STRIP TWO



**NOSTRETCH**

**ANCHOR:** Apply the anchor of strip two next to strip one with no stretch.



**LIGHT STRETCH**

**APPLY:** Apply the second strip parallel to the first, on the other side of the spine.



**NOSTRETCH**

**FINISH:** Finally, apply the last anchor with no stretch.



**WATCH THE VIDEO**

<https://physioproductskenya.com>