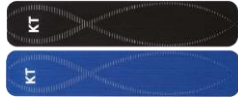


# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## QUAD

### 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

Stretch the quad.

### STRIP ONE



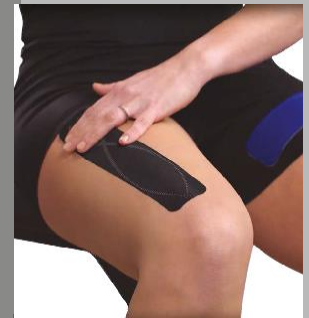
**NO STRETCH**

**ANCHOR:** Anchor a full strip of tape without stretch on the outer quad two inches above the knee.



**LIGHT STRETCH**

**APPLY:** Apply tape along the outer quad with a light stretch.



**NO STRETCH**

**FINISH:** Lay the last two inches down with no stretch.

### STRIP TWO



**NO STRETCH**

**ANCHOR:** Anchor a full strip on the inner quad two inches above the knee with no stretch.



**LIGHT STRETCH**

**APPLY:** Lightly stretching, lay the tape down along the inner quad.



**NO STRETCH**

**FINISH:** Lay the last two inches down with no stretch

### STRIP THREE (Optional)



**NO STRETCH**

**FINISH:** A third strip can be applied in the center of strips one and two if



**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.**