

RIBS

YOU WILL NEED





STRIPS ONE, TWO & THRÉE:

Tear paper backing at the center of the strips 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

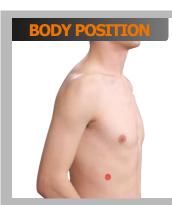
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



https://physioproductskenya.com



Lean to one side putting a slight stretch on your rib cage.



APPLY: Hold the ends of

the tape and apply the strip horizontally over the site of pain with an even, moderate stretch.



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

STRIP TWO



APPLY: Holding vertically, apply the second strip directly in front of the site of pain



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

TRIP THREE



APPLY: Repeat with a third strip parallel to the second directly behid the site of pain.



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