

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## RIBS

### YOU WILL NEED



**STRIPS ONE, TWO & THREE:**  
Tear paper backing at the center of the strips to begin application.

**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 with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



**WATCH THE VIDEO**  
<https://physioproductskenya.com>

### BODY POSITION



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

### STRIP ONE



**MODERATE STRETCH**

**APPLY:** Hold the ends of the tape and apply the strip horizontally over the site of pain with an even, moderate stretch.



**NO STRETCH**

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

### STRIP TWO



**MODERATE STRETCH**

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



**NO STRETCH**

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

### STRIP THREE



**MODERATE STRETCH**

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



**NO STRETCH**

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