

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## SI JOINT

### YOU WILL NEED



**STRIPS ONE & TWO:** Tear backing paper at the center of the strips 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



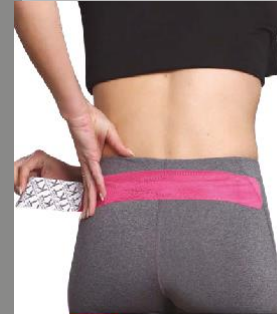
While standing, bend forward at the waist putting a slight stretch on your SI joint.\*

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

### STRIP ONE



**MODERATE STRETCH**



**NO STRETCH**

**APPLY:** Hold the ends of the tape horizontally to apply an even, moderate stretch across the back over the point of pain.

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

### STRIP TWO



**MODERATE STRETCH**



**NO STRETCH**

**ANCHOR:** Holding vertically, apply this strip over the point of pain with a moderate stretch.

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



**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.**