GROIN

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

You will need
www.kttape.com

Strips one & two: Tear backing paper two inches from end to create starting anchors.

All colors of KT Tape® are designed to perform equally.

Anchor: Place the anchor about an inch below where your hip creases.

Apply: Apply a light stretch on the tape while smoothing it down along the point of pain on a slight diagonal.

Finish: With two inches remaining, lay the end down with no stretch.

No stretch

Watch the video
kttape.com/instructions/groin

Caution: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT 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.