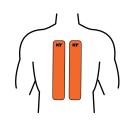


TAPE MIDDLE BACK \int_{λ}



BEFORE YOU START

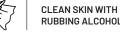
FOR BEST RESULTS



APPLY ONE HOUR **BEFORE ACTIVITY**



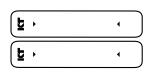
TRIM HAIR



RUBBING ALCOHOL

YOU WILL NEED

2 FULL STRIPS





STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.



HOW TO APPLY

STRIP ONE



For the first strip, roll forward to create a slight stretch on the mid back. Tear backer paper 2 inches from end to create your first **anchor**.



Place the anchor just inside the shoulder blade on one side of the spine with no stretch. Peel backer paper from middle segment of the strip. Apply tape with light stretch along the side of the spine.



Lay down the second anchor with no stretch using the last two inches of tape.

STRIP TWO



Create an anchor at one end of the second strip.



Repeat the same technique with the second strip on the other side of the spine.



Lay down the second anchor with no stretch. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS HERE.

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.