BICEP

YOU WILL NEED

STRIP ONE:
Tear backing paper two inches from end to create starting anchor.

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

ANCHOR: Place the anchor just above the elbow crease.
APPLY: With a light stretch, lay the tape down along the bicep, ending at the front of the shoulder.
FINISH: Lay the last two inches down without stretch rubbing the application for improved adhesion.

WATCH THE VIDEO
kttape.com/instructions/bicep

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.