YOU WILL NEED

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

STRIP THREE: Tear backing paper at the center of strip to begin application.

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 using rubbing alcohol

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

NO STRETCH
ANCHOR: Adhere two inches of tape with no stretch below the hairline on one side of the spine.

LIGHT STRETCH
APPLY: With a light stretch, apply the tape along the side of the spine.

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

NO STRETCH
ANCHOR: With no stretch, anchor on opposite side of spine from strip one.

LIGHT STRETCH
APPLY: With a light stretch, apply tape along the side of the spine parallel to strip one.

MODERATE STRETCH
APPLY: With a moderate stretch, adhere center of strip directly over point of pain, continuing both sides toward the top of the shoulders.

NO STRETCH
FINISH: With two inches of tape remaining, lay both ends down with no stretch.

WATCH THE VIDEO
kttape.com/instructions/neck-and-shoulder

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.