GLUTEUS

YOU WILL NEED

STRIPS ONE & TWO: Tear backing paper two inches from end to 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 using rubbing alcohol

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

While standing, place your foot on a chair. With your knee bent, bring it toward the center of the body to slightly stretch the glute muscle group.

Apply directly to the skin. Photos are for placement only.

ANCHOR: Place the anchor near the middle of your lower back.

APPLY: Lightly stretching the tape, apply the tape to just below the hip.

FINISH: Apply the second anchor with no stretch.

ANCHOR: Repeat with the second strip parallel to the first.

APPLY: Lightly stretching the tape, apply the tape just below the first strip.

FINISH: Apply the last anchor with no stretch and gently rub the application for improved adhesion.

WATCH THE VIDEO
kttape.com/instructions/gluteus

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.