HAMSTRINGS

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 with rubbing alcohol

**ACTIVATE ADHESIVE**
After application rub tape vigorously to activate adhesive

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**BODY POSITION**
Put your heel on a chair and lean forward with your leg straight. This will put a light stretch on the hamstring muscle group.

**STRIP ONE**

<table>
<thead>
<tr>
<th>NO STRETCH</th>
<th>LIGHT STRETCH</th>
<th>NO STRETCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANCHOR: Adhere two inches of tape with no stretch above the point of pain.</td>
<td>APPLY: With a light stretch, apply the tape along the hamstring just outside the point of pain.</td>
<td>FINISH: With two inches remaining, lay the end down with no stretch.</td>
</tr>
</tbody>
</table>

**STRIP TWO**

<table>
<thead>
<tr>
<th>NO STRETCH</th>
<th>LIGHT STRETCH</th>
<th>NO STRETCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANCHOR: Next to strip one, anchor with no stretch two inches above point of pain.</td>
<td>APPLY: With a light stretch, apply strip two along the hamstring just inside point of pain, parallel to strip one.</td>
<td>FINISH: With two inches remaining, lay the end down with no stretch.</td>
</tr>
</tbody>
</table>

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**WATCH THE VIDEO**
kttape.com/instructions/hamstrings

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**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.