

# 1 BEFORE YOU START



## APPLY BEFORE ACTIVITY

Apply tape one hour before beginning activity for best adhesion.



## TRIM HAIR

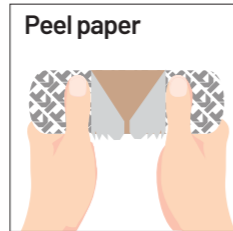
Trim excessive hair for better adhesion.



## CLEAN SKIN

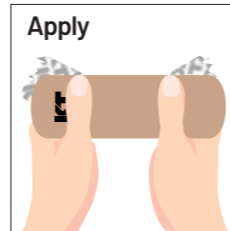
Clean dirt, oils and lotions from area with rubbing alcohol.

# 2 TEAR ROLL AND PEEL PAPER



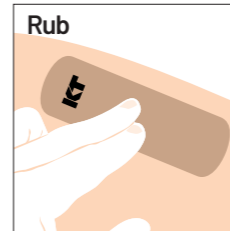
Carefully peel back both sides of the paper backing from the tape starting in the center of the strip without touching adhesive.

# 3 HOW TO APPLY TAPE



Apply as shown. Apply adhesive side of the tape directly to desired skin area while continuing to fully remove paper backing.

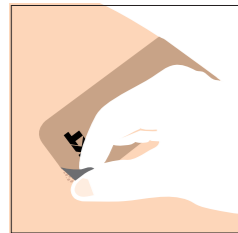
# 4 RUB TO STRENGTHEN THE ADHESIVE



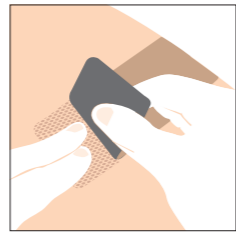
Once applied, gently rub the top of the tape to ensure optimal adhesion,



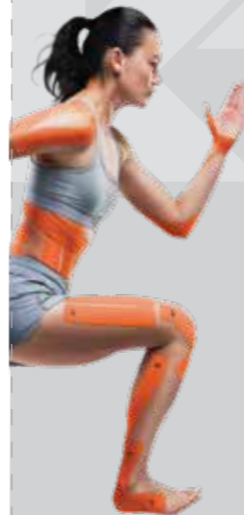
## HOW TO REMOVE TAPE (DO NOT RIP OFF)



Begin by peeling tape up at a corner.



Hold skin down where tape is being pulled off with one hand while gently pulling tape off with the other hand. Remove slowly.



### **PREPARE**

Trust KT to get you ready for your next goal.

### **PERFORM**

Confidence so you can be at your best.

### **RECOVER**

Amplify your recovery and be ready for what's next.

**WARNING:** For external use only. Do not use this product if you have poor circulation, fragile skin, or are diabetic. Do not use if you are allergic to any component of this product. Do not apply to any infected areas. Product should not be used to treat already formed blisters. Only apply each strip one time. Discontinue use if skin becomes irritated. Do not use product if paper backing has been damaged or removed. This product is not made with natural rubber latex. One or more of the components of this product is a dyed material. There is a possibility that some color migration may occur during use. READ ALL cautions AND INSTRUCTIONS PRIOR TO USE. NOTE: Store away from sunlight in a dry, cool environment between 20°C to 25°C (68°F to 77°F). Questions? Email us at [support@kttape.com](mailto:support@kttape.com)

## **TRUSTED KT PRODUCTS**

Prepare, Perform, Recover, Repeat.

	PREPARE	PERFORM	RECOVER
Kinesiology Tape	✓	✓	✓
Creams/Gels	✓	✓	✓
Blisters Relief	✓	✓	✓
Chafing Relief	✓	✓	
Ice/Heat		✓	✓

[VIEW ALL PRODUCTS @ KTTAPE.COM](http://KTTAPE.COM)

# BLISTER PREVENTION

NEW USER GUIDE



[KT TAPE.COM](http://KT TAPE.COM)