

KT TAPE

KTFLEX®

FLEXIBLE STABILITY TAPE

EXTRA SUPPORT FOR KNEE*

THE FREEDOM AND COMFORT OF KT TAPE*



1 VIDEO INSTRUCTIONS



Watch the video
www.kttape.com/instructions/ktflex

2 BEFORE YOU START

Here are some important tips to get you the best possible results.



APPLY BEFORE ACTIVITY

Apply tape one hour before beginning activity.



CLEAN SKIN

Clean dirt and oils from skin and allow to dry.



TRIM HAIR

Trim excessive hair for better adhesion.



MAINTAIN POSITION

Assume the specified body position and maintain throughout application.



DON'T STRETCH

Do not apply any stretch to tape while using KT Flex™.



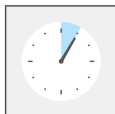
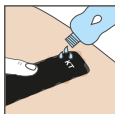
DON'T RIP OFF!

Gently remove tape from skin, use baby oil if necessary and remove slowly.

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Improper application, stretching, or applying on areas of sensitive skin, and improper or quick removal may result in skin irritation, blisters or skin abrasion. In rare cases, a user may experience a burning or stinging sensation which may indicate a mild allergic skin reaction. Follow instructions for **SENSITIVE SKIN, EARLY REMOVAL OR STRONG ADHESIVE** tape removal and discontinue use. Do not place KT FLEX™ directly over cuts or open wounds. Discontinue use if skin becomes irritated or sore. One or more components are made from a dyed material, some color transfer can occur. Instructions provided are for educational use only. KT FLEX™ is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.

FOR SENSITIVE SKIN, EARLY REMOVAL OR STRONG ADHESIVE

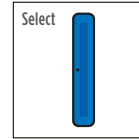
In cases of sensitive skin, early removal or when the tape is difficult to remove, rub baby oil or olive oil into the top of the tape to help break down the adhesive. Wait five minutes and then slowly remove.



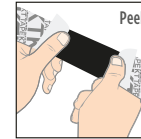
*Not clinically verified

3 TAPE APPLICATION - SUPPORT REQUIRES 2 STRIPS

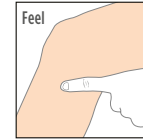
A: Outer Knee



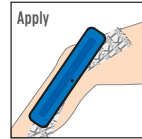
1 Remove one FreeFlex™ reinforced tape strip with the dot.



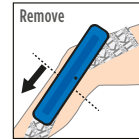
2 Lift and partly remove paper backing at middle cut.



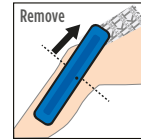
3 Feel for bony bump below knee joint on outside of leg.



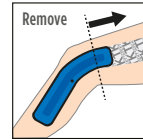
4 With the leg slightly bent, apply middle of tape with dot over the bony bump. Rub middle section.



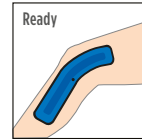
5 Continue removing lower half of paper backing making sure tape goes down side of calf.



6 Remove upper half of paper backing, within an inch of the end.

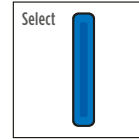


7 Holding onto end of paper backing, turn and align top half of tape to follow the side of thigh and apply.

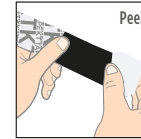


8 Smooth down ends and tape overall. Now you are ready to tape inside knee.

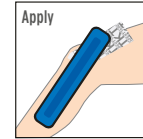
B: Inner Knee



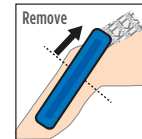
1 Remove one reinforced tape strip without FreeFlex™.



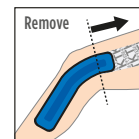
2 Lift and remove entire lower half of paper backing.



3 With the leg slightly bent, apply lower half of tape to match angle of outer leg. Rub bottom half down.



4 Remove upper half of paper backing, within an inch of the end.



5 Holding onto end of paper backing, turn and align top half of tape to match angle of outside application.



6 Smooth down ends and tape overall.

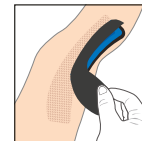
4 HOW TO REMOVE TAPE



1 Beginning at one end and continuing down the length of the tape, lift up one entire long edge.



2 Continue rolling the removed edge over the FreeFlex™ length-wise.



3 Finish removing the tape by slowly pulling up the edge that is remaining until it is no longer adhered.

5 CUSTOMER SUPPORT



Keep away from sunlight



Keep dry



Min. Temp. = 20°C
Max. Temp. = 25°C



Keep away from open flames



DO NOT REUSE



DO NOT REUSE



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