1 BEFORE YOU START

Use the following tips for best results. Follow all directions.

- APPLY BEFORE ACTIVITY
- CLEAN SKIN
- DON’T RIP OFF!
- DON’’T OVERSTRETCH

APPLY AS NEEDED - CAN BE WORN UP TO 8 DAYS

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

2 HOW TO APPLY

To remove paper without touching adhesive.

APPLYING MIDDLE FIRST

Twist and pull to tear paper in the center.

Peel paper leaving 2” of paper on both sides for handling.

Apply as shown.

APPLYING END FIRST

Twist and pull to tear paper 2” from the end.

Remove the 2” of paper from end.

Apply as shown.

3 COMMON INJURIES

“Not clinically proven for all injuries.

For more information about how to apply tape to common stretching examples, visit www.kttape.com/instructions

BACK PAIN - LOWER BACK PAIN

While standing, bend forward at the waist putting a slight stretch on your low back.

Holding the back, apply medial strips and place across low back, directly below point of pain.

With two inches remaining, lay both ends down with no stretch.

Keep one strip parallel to the skin, apply around the knee cap with moderate stretch across the back of the knee.

Apply as shown.

HOLDING:

DO NOT stretch ends of the tape.

KNEE PAIN - FULL KNEE SUPPORT

KNEE PAIN - FULL KNEE SUPPORT

With a moderate stretch, apply medial strips and place across low back, directly below point of pain.

After application, activate adhesive by rubbing tape.

SHOULDER PAIN - GENERAL SHOULDER

Apply your arm across your chest to lightly stretch the back of your shoulder.

With a light stretch, apply strip along the back of the shoulder, continuing to the top.

With a light stretch, apply strip across the outside of the arm, between the shoulder and elbow joint.

With sides together, apply strip along the front of the shoulder, continuing to the top.

END ON SKIN, NOT ON TAPE

Apply directly to skin when possible, especially the ends.

Videos & Printable Instructions

www.kttape.com/instructions
APPLICATIONS FOR MANY COMMON INJURIES*

Runner’s Knee  
Plantar Fasciitis  
General Shoulder Pain  
General Knee Pain  
Shin Splints  
Medial Knee Pain  
Neck & Shoulder Pain  
Jumper’s Knee  
Lower Back Pain  
Lateral Knee Pain  
AC Joint Sprain  
Front Shoulder Pain  
SI Joint Pain  
Peroneal Tendonitis  
Wrist Sprain  
Hip Flexor  
Pain on Top of Foot  
Heel Pain  
Foot Pad Pain  
ITBS at Hip

DON’T SEE YOUR INJURY HERE? FIND MANY COMMON APPLICATIONS AT: kttape.com/instructions

WARNING. If you have sensitive skin, the PRO EXTREME® versions, are removing the tape early or if you experience difficulty or discomfort when removing, follow instructions below for SENSITIVE SKIN OR STRONG ADHESIVE.

5 TAPE REMOVAL

Begin by peeling tape up at a corner. Hold skin down where tape is being pulled off with one hand while gently pulling tape up with the other hand. Remove slowly.

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.

LEARN ABOUT OUR PRODUCTS AT www.kttape.com

KT RECOVERY+®  
Pain Relief Gel  
Learn more at: kttape.com/painrelieffgel and learn more about coupons, savings and more.

PRO®  
Synthetic Tape Lasts 4-7 Days  
GENTLE  
Easy Removal

PRO EXTREME®  
Extra Strength Adhesive  
KT RECOVERY+®  
Middle Ice/Heat Therapy

PRO® WIDE  
For Large Muscle Groups*  
ICE/HEAT MASSAGE ROLLER

ORIGINAL  
Cotton Tape Lasts 1-3 Days  
BLISTER PREVENTION TAPE*  
*Not clinically proven for all injuries

NEW!

KT RECOVERY+®  
Pain Relief Gel  
Learn more at: kttape.com/painrelieffgel and learn more about coupons, savings and more.

PRO®  
Synthetic Tape Lasts 4-7 Days  
GENTLE  
Easy Removal

PRO EXTREME®  
Extra Strength Adhesive  
KT RECOVERY+®  
Middle Ice/Heat Therapy

PRO® WIDE  
For Large Muscle Groups*  
ICE/HEAT MASSAGE ROLLER  
*Not clinically proven for all injuries

FIRST AID INSTRUCTIONS  
Keep away from heat or flame.  
IF SWALLOWED:  
Induce vomiting.  
IF IN EYES:  
Rinse with water.  
If irritation persists, consult a doctor.

IF YOU HAVE SENSITIVE SKIN, ARE REMOVING THE TAPE EARLY OR IF YOU EXPERIENCE DIFFICULTY OR DISCOMFORT WHEN REMOVING, FOLLOW INSTRUCTIONS BELOW FOR SENSITIVE SKIN OR STRONG ADHESIVE.