YOU WILL NEED

STRIP ONE: Tear backing paper two inches from end to create starting anchor.

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TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.

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

APPLY BEFORE ACTIVITY
Apply one hour before beginning activity

身体位置 (Body Position)

Flex elbow

ANCHOR: Place your anchor just above your inner elbow, directing the strip towards your inner forearm and wrist.

APPLY: Now place the inner portion of your forearm on stretch by turning your palm up and extending your wrist.

ANCHOR: Anchor a half strip just below the back of your elbow, directing the strip toward the front of your forearm.

APPLY: With moderate stretch apply across the area of discomfort.

FINISH: With two inches remaining, lay the end down with no stretch.

WATCH THE VIDEO
kttape.com/instructions/golfers-elbow

扩展：如果皮肤有敏感性、癌症或怀孕，请咨询医生后再使用。 KT TAPE® 不是专业医疗护理的替代品。保修和赔偿仅限于产品更换成本。

阅读封存的说明文件中的所有警告。