**RIBS**

**YOU WILL NEED**

- **STRIPS ONE, TWO & THREE:** Tear paper backing at the center of the strips to begin application.

**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:**

- **STRIPE ONE**
  - **MODERATE STRETCH**
  - **NO STRETCH**
  - **APPLY:** Hold the ends of the tape and apply the strip horizontally over the site of pain with an even, moderate stretch.
  - **FINISH:** With two inches remaining, lay the ends down with no stretch.

- **STRIPE TWO**
  - **MODERATE STRETCH**
  - **NO STRETCH**
  - **APPLY:** Holding vertically, apply the second strip directly in front of the site of pain.
  - **FINISH:** With two inches remaining, lay the ends down with no stretch.

- **STRIPE THREE**
  - **MODERATE STRETCH**
  - **NO STRETCH**
  - **APPLY:** Repeat with a third strip parallel to the second directly behind the site of pain.
  - **FINISH:** With two inches remaining, lay the ends down with no stretch.

**WATCH THE VIDEO**

[kttape.com/instructions/outer-knee](http://kttape.com/instructions/outer-knee)

**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.