

HOW TO APPLY



CUT TO SIZE AND
ROUND CORNERS FOR
BEST RESULTS



NO STRETCH AT TAPE ENDS
AND AT THE ELBOW
ENSURES THE TAPE STAYS
ADHERED TO SKIN

20% STRETCH SECTIONS
FOR KINESIOLOGY TAPE
BENEFITS & REDUCED
MUSCLE SORENESS^{††}

APPLY AS NEEDED. CAN BE WORN UP TO 3 DAYS. READ ALL CAUTIONS ON BOX PRIOR TO USE.

TURF TAPE

WITH KINESIOLOGY TAPE BENEFITS
OF PAIN RELIEF AND REDUCED MUSCLE SORENESS^{††}



EASY TO APPLY



WATER AND SWEAT RESISTANT



LONG-LASTING EXTREME ADHESIVE



HELPS PROTECT AGAINST TURF BURN