GENERAL ELBOW

YOU WILL NEED

KT TAPE

STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.

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

STRIP ONE

ANCHOR: Place your anchor with no stretch over your forearm approximately four inches below your elbow just to the inside of the boney ridge. Direct the strip toward your elbow.

APPLY: Apply a light stretch directing the strip over the inner portion of your elbow toward the back of your upper arm.

FINISH: Apply the last two inches of tape without stretch.

STRIP TWO

ANCHOR: Bend your arm across your body. Apply your second strip anchor next to your first anchor, directing the strip toward your elbow.

APPLY: Apply a light stretch directing the strip over the outer portion of your elbow toward the back of your upper arm.

FINISH: Apply the last two inches of tape without stretch.

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

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.