**YOU WILL NEED**

STRIPS ONE & TWO: Tear backing paper at the center of each strip 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

**STRIP ONE**

MODERATE STRETCH

APPLY: Holding horizontally, apply moderate stretch and place across low back, directly below point of pain.

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

**STRIP TWO**

LIGHT STRETCH

APPLY: Repeat with strip two applying with a light stretch parallel to strip one, directly above the point of pain.

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

**BODY POSITION**

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

*Apply tape directly to skin, photos show placement on body only.

**WATCH THE VIDEO**

kttape.com/instructions/low-back

**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.