SPINE

YOU WILL NEED

STRIPS ONE & TWO: Tear backing paper 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:
Holding the tape horizontally, apply an even, moderate stretch and adhere over the site of discomfort.

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

APPLY:
Holding the tape vertically, apply a moderate stretch and adhere directly over the site of discomfort.

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

Additional strips can be added using the same method over the site of discomfort in diagonal directions.

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.

WATCH THE VIDEO
kttape.com/instructions/outer-knee