**QUAD**

**YOU WILL NEED**

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

**WATCH THE VIDEO**
kttape.com/instructions/quad

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

**ANCHOR:** Anchor a full strip of tape without stretch on the outer quad two inches above the knee.

**APPLY:** Apply tape along the outer quad with a light stretch.

**FINISH:** Lay the last two inches down with no stretch.

**ANCHOR:** Anchor a full strip on the inner quad two inches above the knee with no stretch.

**APPLY:** Lightly stretching, lay the tape down along the inner quad.

**FINISH:** Lay the last two inches down with no stretch.

**STRIP THREE (Optional)**

**ANCHOR:** Anchor a third strip can be applied in the center of strips one and two if needed.

**NO STRETCH**

**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.