TENNIS ELBOW

YOU WILL NEED

STRIP ONE

ANCHOR: Place anchor with no stretch just above your outer elbow directing strip toward your outer forearm and wrist.

APPLY: Place outer forearm on stretch by turning your palm down and flexing your wrist. Apply light stretch, directing the strip over the boney prominence of elbow and curving slightly toward back of wrist.

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

STRIP TWO

ANCHOR: With your elbow flexed, place the anchor on the back of your forearm just below the elbow, directing the strip toward the front of your forearm.

APPLY: With moderate stretch, apply the strip across the area of discomfort.

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

TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.

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/tennis-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.