HOW TO REMOVE PAPER BACKING - END

Peel paper leaving 2" of paper on both sides for handling. Tear, then pull to tear paper at the center. Remove 2" of paper from end. Tear, then pull to tear paper at the center.

HOW TO APPLY TAPE - END

ANCHOR first 2 inches without stretch. Apply stretch according to application. After applying, rub tape for best adhesion. ANCHOR last 2 inches without stretch.

STRETCHING GUIDE AND INDICATOR

ANCHOR > NO STRETCH | LIGHT STRETCH | MODERATE STRETCH | DON'T STRETCH > PRO

ANCHOR

HOW TO APPLY TAPE - MIDDLE

Apply as shown.

ANCHOR

HOW TO REMOVE TAPE

Begin by peeling tape up at a corner. Hold skin down where tape is being pulled off with one hand while gently pulling tape off with the other hand. Remove slowly.

STRETCHING GUIDE AND INDICATOR

ANCHOR > NO STRETCH | LIGHT STRETCH | MODERATE STRETCH | DON'T STRETCH > PRO

ANCHOR

READ ALL CAUTIONS ON BOX. APPLY AS NEEDED. CAN BE WORN UP TO 8 DAYS. SEE INSTRUCTIONS FOR STRONG ADHESIVE TAPE REMOVAL ON OUR WEBSITE.
TRIM HAIR
Trim excessive hair for better adhesion.

CLEAN SKIN
Clean dirt, oils and lotions from area with rubbing alcohol.

APPLY BEFORE ACTIVITY
Apply tape one hour before beginning activity for best adhesion.

TIPS FOR BEST RESULTS
DON’T OVERSTRETCH
Overstretching tape may result in skin irritation and/or abrasions.

END ON SKIN, NOT ON TAPE
Apply directly to skin when possible, especially the ends.

DON’T RIP OFF!
Gently remove tape from skin, use baby oil if necessary and remove slowly.

LIGHT ACTIVITY
PRO® Light
For low-intensity activity, such as walking.

MODERATE ACTIVITY
PRO® Medium
For moderate-intensity activity, such as cycling or running.

INTENSE ACTIVITY
PRO® Wide
For high-intensity activity, such as weightlifting or sprinting.

EASY
PREPARE
Quality products from KT provide the flexible, lightweight support your body needs to perform without holding you back.

RECOVERY
Recovery is a priority in any fitness routine. KT products amplify your body’s recovery process so you can focus on the next session.

VIEW OUR OTHER PRODUCTS AT KT TAPE.COM

CAUTION: Improper application, overstretching, or applying on areas of sensitive skin, and improper or quick removal may result in skin irritation, blisters or skin abrasion. In rare cases, a user may experience a burning or stinging sensation which may indicate a mild allergic skin reaction. Do not place KT TAPE® directly over cuts or open wounds. One or more of the components of this product is a dyed material. There is a possibility that some color migration may occur during use. Instructions provided are for educational use only. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.