**YOU WILL NEED**

**STRIPS ONE:**
Tear backing paper two inches from end to create starting anchor.

**STRIPS TWO & THREE:**
Tear backing paper at the center of the half strips to begin application.

**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**
ktape.com/instructions/it-band-hip

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

**BODY POSITION**
Position yourself, sitting on the edge of a chair with your leg crossed over to put your IT band on stretch.*

**STRIP ONE**

**ANCHOR:** Place first two inches of tape with no stretch two inches above the hip bone.

**STRIP TWO**

**APPLY:** Apply a light stretch on the tape with one hand while adhering it along the IT band with other hand.

**FINISH:** Finally, apply the last two inches without any stretch.

**STRIP THREE**

**MODERATE**

**APPLY:** Take a half strip and tear the paper backing in the middle. With moderate stretch apply the tape directly over your point of pain.

**FINISH:** Lay down the ends with no stretch. Gently rub over the application for better adhesion.

**NO STRETCH**

**APPLY:** Repeat with second half strip over other points of pain.

**FINISH:** Lay down the ends with no stretch. Gently rub over the application for better adhesion.

**NO STRETCH**

**APPLY:** Apply before activity

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

**ACTIVATE ADHESIVE**
After application rub tape vigorously to activate adhesive

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.