OSGOOD-SCHLATTER

YOU WILL NEED

STRIPS ONE & TWO: Tear backing paper at the center of strip 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 using rubbing alcohol

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

ANCHOR: Take one half strip and tear the paper backing in the middle. With moderate stretch apply the strip directly over the point of pain.

APPLY: Lay the ends down with no stretch.

ANCHOR: Repeat with the second half strip rotating it over the point of pain to make an x.

APPLY: Apply the last two inches on both sides with 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.