1. **BEFORE YOU START**
   - **APPLY BEFORE ACTIVITY**
     - Apply tape one hour before beginning activity for best adhesion.
   - **TRIM HAIR**
     - Trim excessive hair for better adhesion.
   - **CLEAN SKIN**
     - Clean dirt, oils and lotions from area with rubbing alcohol.

2. **TEAR ROLL AND PEAL PAPER**
   - Carefully peel back both sides of the paper backing from the tape starting in the center of the strip without touching adhesive.

3. **HOW TO APPLY TAPE**
   - Apply as shown. Apply adhesive side of the tape directly to desired skin area while continuing to fully remove paper backing.

4. **RUB TO STRENGTHEN THE ADHESIVE**
   - Once applied, gently rub the top of the tape to ensure optimal adhesion.
HOW TO REMOVE TAPE (DO NOT RIP OFF)

Hold skin down where tape is being pulled off with one hand while gently pulling tape off with the other hand. Remove slowly.

BEGINNING THE KT TAPE PROFESSIONAL

1. PREPARE
   - Clean and dry skin
   - Choose the appropriate KT Tape Pro
   - Cut tape to desired length
   - Remove backing

2. PERFORM
   - Align tape on skin
   - Pull tape taut
   - Apply tape to desired area

3. RECOVER
   - Remove tape when no longer needed
   - Protect skin from further irritation

WARNING: For external use only. Do not use this product if you have poor circulation, fragile skin, or are diabetic. Do not use if you are allergic to any component of this product. Do not apply to any infected areas. Product should not be used to treat already formed blisters. Only apply each strip one time. Discontinue use if skin becomes irritated. Do not use product if paper backing has been damaged or removed. This product is not made with natural rubber latex. 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. READ ALL CAUTIONS AND INSTRUCTIONS PRIOR TO USE.

Questions?
Email us at support@kttape.com

NEW USER GUIDE

PREPARE
Trust KT to get you ready for your next goal.

PERFORM
Confidence is you can be at your best.

RECOVER
Amplify your recovery and be ready for what's next.

VIEW ALL PRODUCTS @ KTTAPE.COM