HIP FLEXOR

YOU WILL NEED

STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.

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

While standing, bend into a lunge position with a stretch on the front of the hip.*

*Apply KT Tape directly to skin, photos are for body placement only.

ANCHOR: Anchor about two inches above where your hip creases with no stretch.

ANCHOR: Repeat with a second strip parallel to the first.

APPLY: With a light stretch apply the tape through the hip joint diagonally.

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FINISH: Apply the last two inches with no stretch.

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WATeR THE VIDEO
kttape.com/instructions/hip-flexor

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.