

KT RECOVERY+ Wave™

ELECTROMAGNETIC PAIN RELIEF

CLINICALLY PROVEN



FOR
PAIN RELIEF

1. BEFORE YOU START



APPLY BEFORE ACTIVITY

Apply tape one hour before beginning activity.



CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol



TRIM HAIR

Trim excessive hair for better adhesion.



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.



WATCH VIDEOS FOR HELPFUL TIPS

Visit kttape.com/instructions to view our full database of easy-to-follow product tutorials.

ADHESIVE TAPE

WARNING: For external use only. Do not use this product if you have poor circulation, or are diabetic. Do not use if you are allergic to any component of this product. Do not apply to any infected areas. 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.

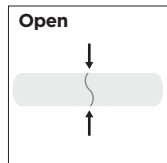
READ ALL CAUTIONS AND INSTRUCTIONS PRIOR TO USE. ©2020 KT Health, LLC, American Fork, UT 84003. All rights reserved.

NOTE: Store away from sunlight in a dry, cool environment between 40°- 80°F . **Questions?** Email us at support@kttape.com

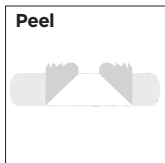
2. HANDLING TAPE

To apply strips without touching adhesive:

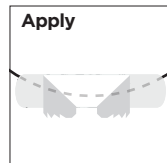
APPLY MIDDLE FIRST



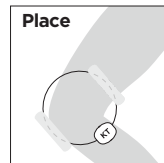
Open backing paper at center perforation.



Peel backing paper slightly on each side for easy handling.



Apply as shown over loop wire.



Center KT Wave™ over pain point and secure it with adhesive strips.

3. HOW TO TURN DEVICE ON & OFF



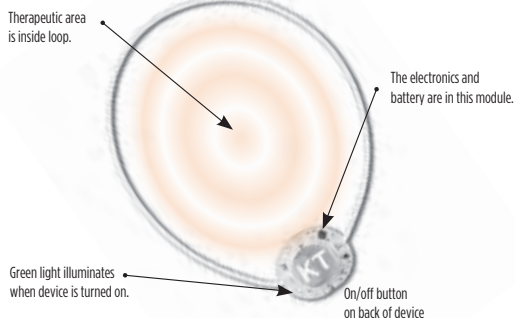
How to turn the Device On:
Step 1: To activate the device, remove the white tab from the back of the device and push the silver on/off button for 1-2 seconds. Release the button. *Throw away white tab.



Step 2: Once the device is activated, the green LED light on the front of the device will turn on. If the green LED light does not turn on, please repeat Step 1.



How to turn the Device Off:
To deactivate the device, press the silver button and hold it down for 1-2 seconds. Once the device is deactivated, the green LED light will turn off.



4. COMMON APPLICATION SITES

BASE OF NECK



Locate your point of pain at the base of the neck and center the KT Wave™ over it. Use 2-3 adhesive strips to secure the loop to your skin.

SHOULDER



Place the KT Wave™ on your shoulder, centering the loop over your point of pain. Secure the loop to your skin on both sides using the adhesive strips. Placement may vary.

HAND



Place the KT Wave™ on the back of your hand, centering your point of pain within the loop. Use 2-3 adhesive strips to secure the loop to the forearm and back of the hand.

ELBOW



With your elbow bent, place the KT Wave™ over the outside of the joint with your pain point in the center. Use 2-3 adhesive strips to secure the loop in place on the upper and lower arms.

HIP



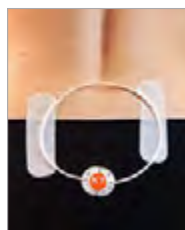
Locate your point of pain and center the KT Wave™ over it. Use 2-3 adhesive strips to secure the loop to your skin. *Can also be worn under clothing.

UPPER BACK



Locate your point of pain and center the KT Wave™ over it. Use 2-3 adhesive strips to secure the loop to your skin.

LOWER BACK



Locate your point of pain and center the KT Wave™ over it. Use 2-3 adhesive strips to secure the loop to your skin. *Can also be worn under clothing.

KNEE



Sitting with your knee bent, place the KT Wave™ over the joint with your pain point in the center. Use 2-3 adhesive strips to secure the loop in place.

BACK OF KNEE



Locate your point of pain and center the KT Wave™ over it. Use 2-3 adhesive strips to secure the loop to your skin. Avoid placing adhesive strips directly over the back of the knee.

FOOT

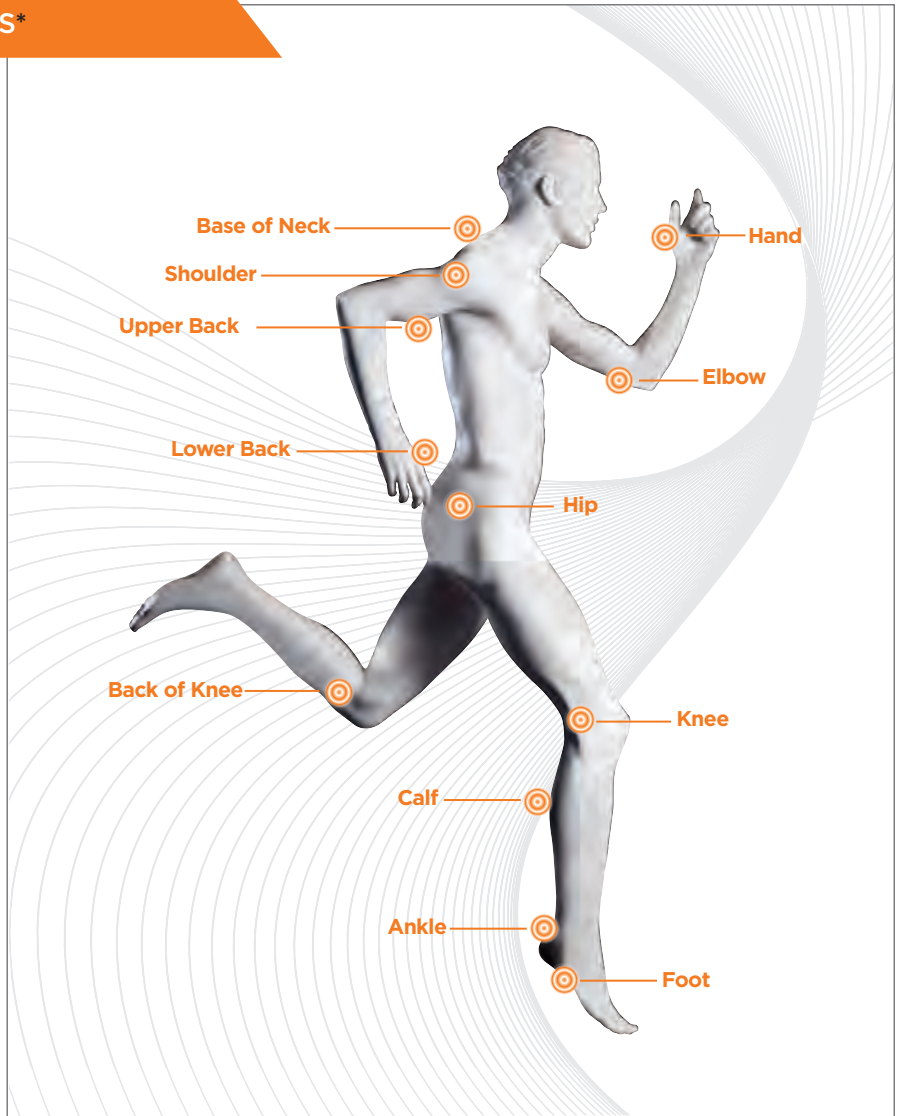


Locate your point of pain and center the KT Wave™ over it. Use 2-3 adhesive strips to secure the loop to your skin. Avoid placing the device module under the sole of your foot. May also be worn over foot.

5. APPLICATION SITES*

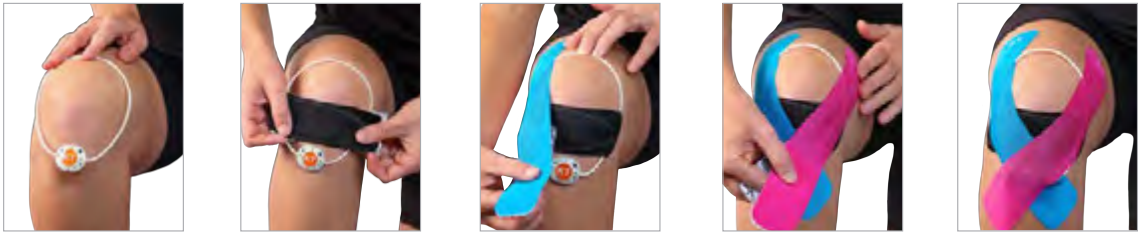
- Shoulder
- Hand
- Calf
- Foot
- Base of Neck
- Elbow
- Lower Back Pain
- Lateral Knee Pain
- Hip
- Front Shoulder Pain
- SI Joint Pain
- Peroneal Tendonitis
- Wrist
- Hip Flexor
- Pain on Top of Foot
- Heel Pain
- Foot Pad Pain

*Not clinically proven for all injuries



DON'T SEE YOUR PAIN POINT HERE? THE KT RECOVERY+ WAVE™ CAN BE SAFELY APPLIED OVER ANY JOINT OR TISSUE FOR PAIN RELIEF kttape.com/instructions

6. APPLYING WITH KT TAPE



LEARN ABOUT OUR PRODUCTS AT www.kttape.com

KT RECOVERY+® PAIN RELIEF GEL

NEW!



Learn more at: kttape.com/painreliefgel and learn more about coupons, savings and more.

KT PERFORMANCE+® CHAFE SAFE

NEW!



KT RECOVERY+® ICE/HEAT WRAP



KT RECOVERY+® ICE/HEAT MASSAGE ROLLER



KT PERFORMANCE+® BLISTER PREVENTION TAPE†



† Barrier tape has been shown to reduce the occurrence of blisters

KT TAPE® PRO®

Synthetic Tape Lasts 4-7 Days



KT TAPE® PRO EXTREME®

Extra Strength Adhesive



KT TAPE® PRO® WIDE

For Large Muscle Groups*



KT TAPE® GENTLE TAPE

Easy Removal



KT TAPE® ORIGINAL COTTON

Cotton Tape Lasts 1-3 Days

