1. BEFORE YOU START

APPLY BEFORE ACTIVITY
Apply new wave one hour before beginning activity.

END ON SKIN, NOT ON TAPE
Apply directly to skin when possible, especially the ends.

TRIM HAIR
Trim excessive hair for better adhesion.

WASH HANDS
Before handling tape.

TRANSPORT TAPE
Transport tape directly to skin.

ADHESIVE TAPE
WARNING: Use mechanical 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.

BEFORE YOU START
READ ALL CAUTIONS AND INSTRUCTIONS PRIOR TO USE.

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READ ALL INSTRUCTIONS PRIOR TO USE.

DON’T RIPP OFF!
Narrowly remove tape from skin, use baby oil if necessary and remove slowly.

WATCH VIDEOS FOR HELPFUL TIPS
Visit kt-tape.com/Instructions to view our full decision of easy-to-follow product tutorials.

2. HANDLING TAPE

To apply strips without touching adhesive:

APPLY MIDDLE FIRST

Open backing paper at center perforation.

Peel backing paper slightly from 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 on the back 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. Place loop wire.

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 thumbs and back of the hand.

ELBOW
With your elbow bent, place the KT Wave™ over the outside of the joint with your pain point on 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.

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

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 adhesive strips directly over the bottom of your foot.
6. APPLYING WITH KT TAPE

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

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

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KT RECOVERY+®
PAIN RELIEF GEL
NEW!

KT PERFORMANCE+®
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KT RECOVERY+®
ICE/HEAT WRAP

KT PERFORMANCE+®
BLISTER PREVENTION TAPE†

KT TAPE PRO®
Synthetic Tape Lasts 4-7 Days

KT TAPE PRO®
Extra Strength Adhesive

KT TAPE PRO® WIDE
For Large Muscle Groups*

KT TAPE PRO®
GENTLE TAPE
Easy Removal

KT TAPE®
ORIGINAL COTTON
Cotton Tape Lasts 1-4 Days

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