SI JOINT

YOU WILL NEED

STRIPS ONE & TWO: Tear backing paper at the center of the strips 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

APPLY:
Hold the ends of the tape horizontally to apply an even, moderate stretch across the back over the point of pain.

ANCHOR:
Holding vertically, apply this strip over the point of pain with a moderate stretch.

FINISH:
With two inches remaining on each side, lay the ends down with no stretch.

While standing, bend forward at the waist putting a slight stretch on your SI joint.*

*Apply tape directly to skin, photos show placement on body only.

WATCH THE VIDEO
kttape.com/instructions/si-joint

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.