

## GROIN

### 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

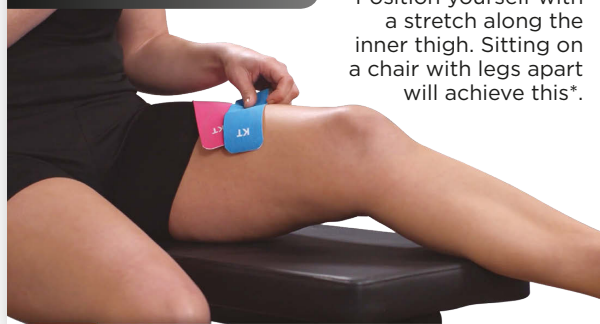
#### CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

### BODY POSITION



Position yourself with a stretch along the inner thigh. Sitting on a chair with legs apart will achieve this\*.

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

### STRIP ONE



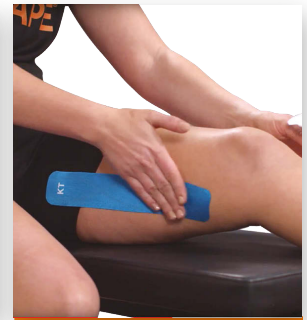
**NO STRETCH**

**ANCHOR:** Place the anchor about an inch below where your hip creases.



**LIGHT STRETCH**

**APPLY:** Apply a light stretch on the tape while smoothing it down along the point of pain on a slight diagonal.



**NO STRETCH**

**FINISH:** With two inches remaining, lay the end down with no stretch.

### STRIP TWO



**NO STRETCH**

**APPLY:** This can be repeated with an additional strip parallel to the first.



**NO STRETCH**

**FINISH:** With two inches remaining, lay the end down with no stretch. Rub the application for improved adhesion.



**WATCH THE VIDEO**

[kttape.com/instructions/groin](http://kttape.com/instructions/groin)