

RIBS

YOU WILL NEED



STRIPS ONE, TWO & THREE:

Tear paper backing at the center of the strips to begin application.

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



WATCH THE VIDEO
kttape.com/instructions/outer-knee

BODY POSITION



Lean to one side putting a slight stretch on your rib cage.

STRIP ONE



MODERATE STRETCH

APPLY: Hold the ends of the tape and apply the strip horizontally over the site of pain with an even, moderate stretch.



NO STRETCH

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

STRIP TWO



MODERATE STRETCH

APPLY: Holding vertically, apply the second strip directly in front of the site of pain



NO STRETCH

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

STRIP THREE



MODERATE STRETCH

APPLY: Repeat with a third strip parallel to the second directly behind the site of pain.



NO STRETCH

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