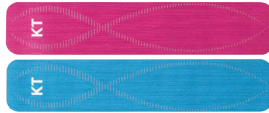


HAMSTRINGS

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



Put your heel on a chair and lean forward with your leg straight. This will put a light stretch on the hamstring muscle group.

STRIP ONE



NO STRETCH

ANCHOR: Adhere two inches of tape with no stretch above the point of pain.



LIGHT STRETCH

APPLY: With a light stretch, apply the tape along the hamstring just outside the point of pain.



NO STRETCH

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

STRIP TWO



NO STRETCH

ANCHOR: Next to strip one, anchor with no stretch two inches above point of pain.



LIGHT STRETCH

APPLY: With a light stretch, apply strip two along the hamstring just inside point of pain, parallel to strip one.



NO STRETCH

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



WATCH THE VIDEO

kttape.com/instructions/hamstrings