

MIDDLE BACK

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

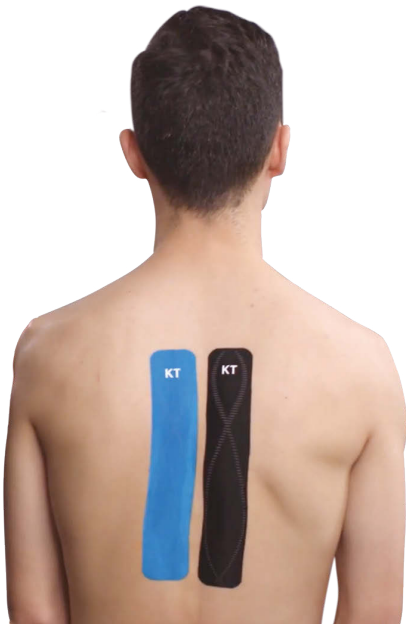
Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area using rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

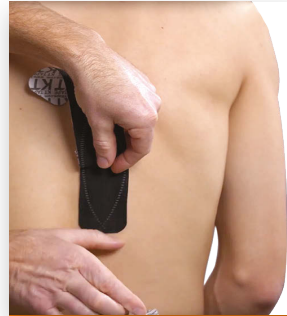


BODY POSITION

Flex your upper body, to create a slight stretch on your back.



STRIP ONE



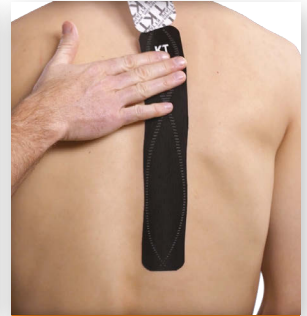
NO STRETCH

ANCHOR: Apply the anchor with no stretch 4 inches below the point of pain, on one side of your spine.



LIGHT STRETCH

APPLY: With a light stretch on the tape, apply the strip along the spine, over the painful area.



NO STRETCH

FINISH: Apply the second anchor with no stretch.

STRIP TWO



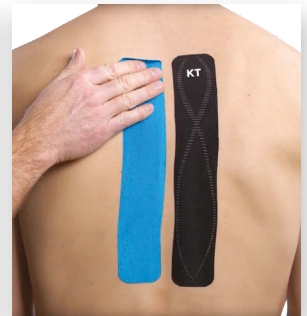
NO STRETCH

ANCHOR: Apply the anchor of strip two next to strip one with no stretch.



LIGHT STRETCH

APPLY: Apply the second strip parallel to the first, on the other side of the spine.



NO STRETCH

FINISH: Finally, apply the last anchor with no stretch.



WATCH THE VIDEO

kttape.com/instructions/middle-back