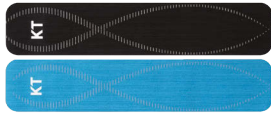


SPINE

YOU WILL NEED



STRIPS ONE & TWO: Tear backing paper 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

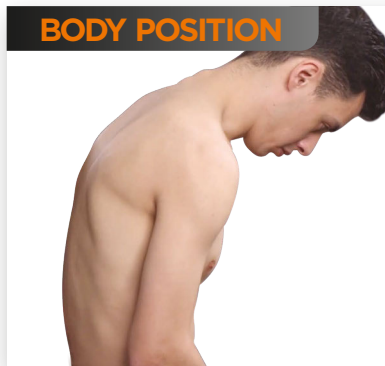
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

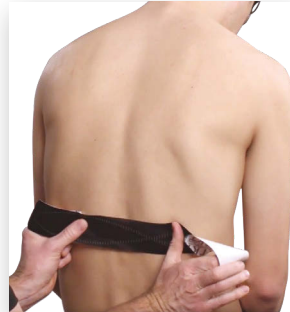


BODY POSITION



Bend your upper body forward to create a light stretch on your back.

STRIP ONE



MODERATE STRETCH

APPLY: Holding the tape horizontally, apply an even, moderate stretch and adhere over the site of discomfort.



NO STRETCH

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

STRIP TWO



MODERATE STRETCH

APPLY: Holding the tape vertically, apply a moderate stretch and adhere directly over the site of discomfort.



NO STRETCH

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

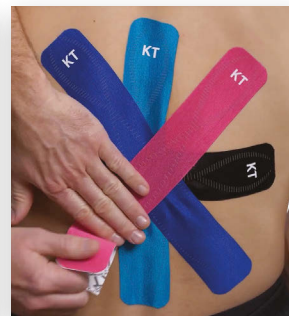
STRIP THREE (Optional)



MODERATE STRETCH

Additional strips can be added using the same method over the site of discomfort in diagonal directions.

STRIP FOUR (Optional)



MODERATE STRETCH

Additional strips can be added using the same method over the site of discomfort in diagonal directions.



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