

## GENERAL ELBOW

### 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

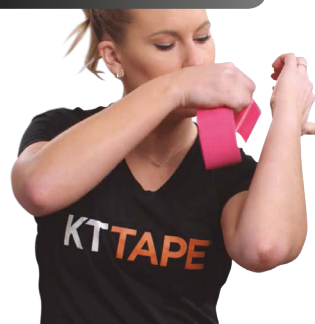
Clean dirt, oils and lotions from area with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

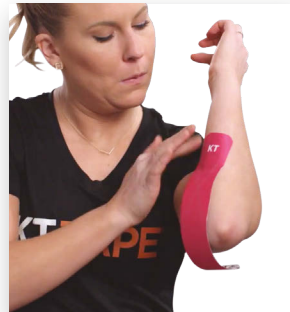


### BODY POSITION



With your elbow flexed and palm facing your shoulder.

### STRIP ONE



**NO STRETCH**

**ANCHOR:** Place your anchor with no stretch over your forearm approximately four inches below your elbow just to the inside of the bony ridge. Direct the strip toward your elbow.



**MODERATE**

**APPLY:** Apply a light stretch directing the strip over the inner portion of your elbow toward the back of your upper arm.



**NO STRETCH**

**FINISH:** Apply the last two inches of tape without stretch.

### STRIP TWO



**NO STRETCH**

**ANCHOR:** Bend your arm across your body. Apply your second strip anchor next to your first anchor, directing the strip toward your elbow.



**MODERATE**

**APPLY:** Apply a light stretch directing the strip over the outer portion of your elbow toward the back of your upper arm.



**NO STRETCH**

**FINISH:** Apply the last two inches of tape without stretch.



### WATCH THE VIDEO

[kttape.com/instructions/general-elbow](http://kttape.com/instructions/general-elbow)