

LOW BACK

YOU WILL NEED



STRIPS ONE & TWO:
Tear backing paper at the center of each strip 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

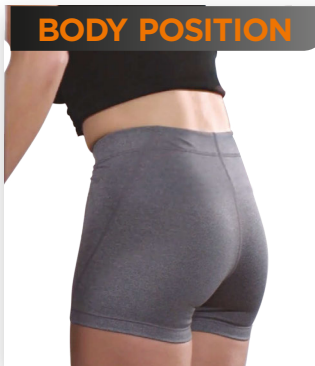
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



While standing, flex forward at the waist putting a slight stretch on your low back.*

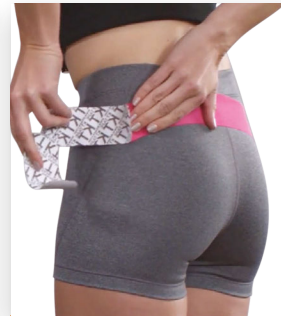
*Apply tape directly to skin, photos show placement on body only.

STRIP ONE



MODERATE STRETCH

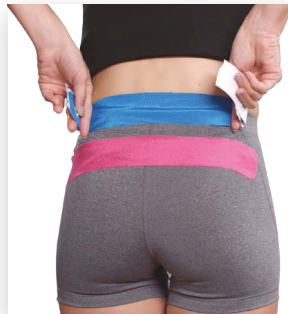
APPLY: Holding horizontally, apply moderate stretch and place across low back, directly below point of pain.



NO STRETCH

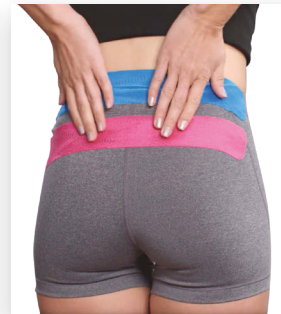
FINISH: With two inches remaining, lay both ends down with no stretch.

STRIP TWO



LIGHT STRETCH

APPLY: Repeat with strip two applying with a light stretch parallel to strip one, directly above the point of pain.



NO STRETCH

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



WATCH THE VIDEO

kttape.com/instructions/low-back