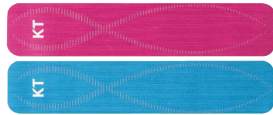


SI JOINT

YOU WILL NEED



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

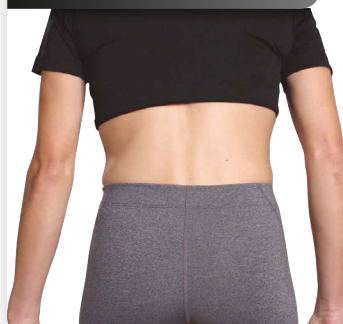
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



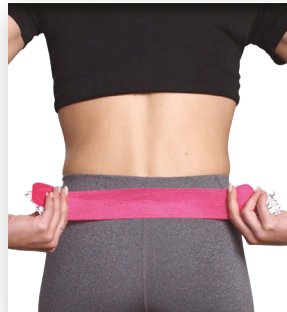
BODY POSITION



While standing, bend forward at the waist putting a slight stretch on your SI joint.*

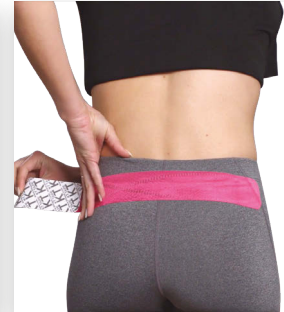
*Apply tape directly to skin, photos show placement on body only.

STRIP ONE



MODERATE STRETCH

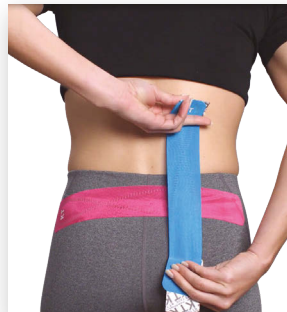
APPLY: Hold the ends of the tape horizontally to apply an even, moderate stretch across the back over the point of pain.



NO STRETCH

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

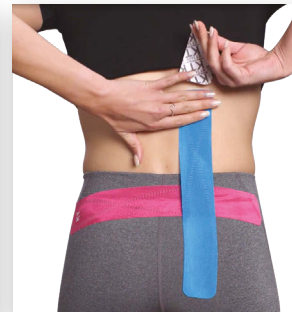
STRIP TWO



MODERATE STRETCH

ANCHOR: Holding vertically, apply this strip over the point of pain with a moderate stretch.

STRIP TWO



NO STRETCH

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



WATCH THE VIDEO

kttape.com/instructions/si-joint