



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.*

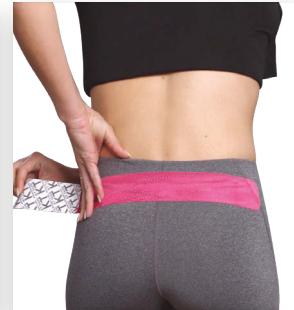
*Apply tape directly to skin, photos show placement on body only.

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

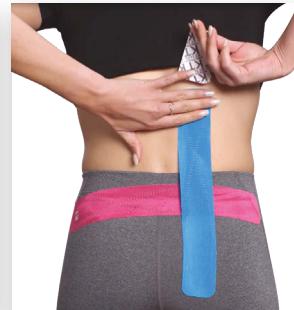
FINISH: With two inches remaining on each side, lay the ends down with no stretch.

STRIP TWO



MODERATE STRETCH

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



NO STRETCH

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



WATCH THE VIDEO
ktape.com/instructions/si-joint

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**