



THANK YOU FOR PURCHASING KT TAPE

KT TAPE is a revolutionary new way to treat common sports injuries.

This guide will direct you to the resources that will help you apply and use

KT TAPE successfully. Good luck and stay active with KT TAPE!

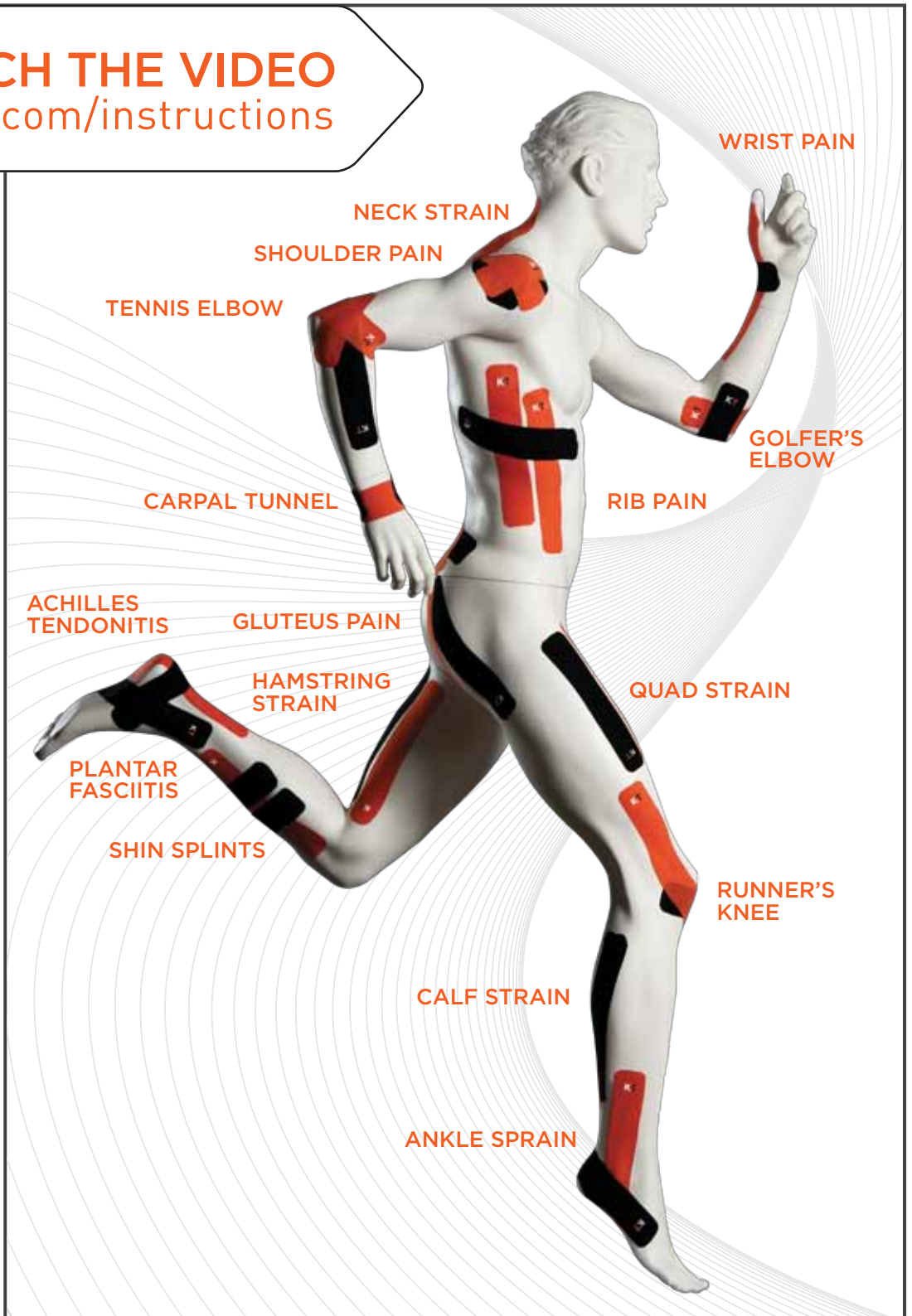
1. FIND YOUR APPLICATION



WATCH THE VIDEO
kttape.com/instructions

APPS FOR OVER 50 COMMON INJURIES

- Runner's Knee
- Plantar Fasciitis
- General Shoulder Pain
- General Knee Pain
- Shin Splints
- Medial Knee Pain
- Neck & Shoulder Pain
- Jumper's Knee
- Lower Back Pain
- Lateral Knee Pain
- AC Joint Sprain
- Front Shoulder Pain
- SI Joint Pain
- Peroneal Tendonitis
- Wrist Sprain
- Hip Flexor
- Pain on Top of Foot
- Heel Pain
- Foot Pad Pain
- ITBS at Hip



DON'T SEE YOUR INJURY HERE? CHOOSE FROM OVER 50 COMMON APPS kttape.com/instructions

2. BEFORE YOU START

Use the following tips for best results kttape.com/tips



APPLY BEFORE ACTIVITY.
Apply tape one hour before beginning activity



CLEAN SKIN.
Clean dirt, moisture and oils from skin



ACTIVATE ADHESIVE.
After applying, activate adhesive by rubbing vigorously



HOW MUCH STRETCH?
Watch for stretch indicators in the instructions and videos



END ON SKIN, NOT ON TAPE.
Apply directly to skin when possible, especially the ends



DON'T RIP IT OFF!
Gently remove tape from skin, use baby oil if necessary

3. KT TAPE *SUPPORT*

Videos & Printable Instructions



kttape.com/instructions

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COMMON APPLICATIONS

FULL KNEE SUPPORT

AVG. DAYS OF WEAR
PRO
ORIGINAL

Bend knee to 90°. Maintain throughout application.

ANCHOR & APPLY



FULL STRETCH

Apply half-strip under the kneecap.

ANCHOR & APPLY



MID STRETCH

Anchor on quad. Stretch across bottom of kneecap

APPLY ENDS



NO STRETCH

Apply ends with no stretch

ANCHOR & APPLY



MID STRETCH

Apply 3rd strip just like the 2nd. Make an 'X'.

APPLY ENDS



NO STRETCH

Rub to activate adhesive!

PLANTAR FASCIITIS

AVG. DAYS OF WEAR
PRO
ORIGINAL

Stretch skin on back of ankle. Maintain throughout application.

ANCHOR



NO STRETCH

Anchor tape on ball of foot.

APPLY



MID STRETCH

Stretch to heel. **No stretch past heel.**

ANCHOR



NO STRETCH

Anchor on outside of foot.

APPLY



FULL STRETCH

Stretch from outside edge of foot to ankle.

APPLY ENDS



NO STRETCH

Rub to activate adhesive!

ACHILLES TENDONITIS

AVG. DAYS OF WEAR
PRO
ORIGINAL

Stretch skin on back of ankle. Maintain throughout application.

APPLY TAPE



MID STRETCH

Center over Achilles tendon to apply.

ANCHOR



NO STRETCH

Anchor ends of tape on either side of foot.

ANCHOR



NO STRETCH

Anchor in front of heel.

APPLY TAPE



MID STRETCH

Apply over heel and along Achilles tendon.



Rub to activate adhesive!

CALF STRAIN

AVG. DAYS OF WEAR
PRO
ORIGINAL

Stretch skin on back of ankle. Maintain throughout application.

ANCHOR



NO STRETCH

Anchor below point of pain and muscle.

APPLY TAPE



MID STRETCH

Apply tape along either side of calf muscle.

ANCHOR



NO STRETCH

Anchor tape slightly below first strip.

APPLY TAPE



MID STRETCH

Apply tape along other side of calf muscle.



Rub to activate adhesive!