GENERAL ELBOW

APPLICATION OVERVIEW
General elbow pain includes dull, aching pain around the elbow. Causes of pain may include overuse, inflammation, or trauma. KT Tape treats this by increasing circulation, reducing pressure around the area of pain, and providing support and stability.

WHAT YOU NEED
2 strips of KT TAPE

BEFORE YOU START
APPLY BEFORE ACTIVITY
Apply one hour before beginning activity
CLEAN SKIN
Clean dirt, oils and lotions from area
ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

APPLY BEFORE ACTIVITY
Anchor: Anchor a full strip on the outer arm four inches above the elbow.
Apply: Apply tape around the elbow with 50% stretch.
Finish: Apply the last two inches of tape without stretch.

ANCHOR:
Anchor a full strip on the lower bicep four inches above from the elbow without stretch.

APPLY:
Apply tape around the inner elbow with 50% stretch.

Finish: Apply the last two inches of tape without stretch.

Bend the elbow at 90 degrees.

WATCH THE VIDEO
kttape.com/instructions/general-elbow

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.