APPLICATION OVERVIEW
The ribs are the individual bones that form the rib cage. Potential causes of rib pain may include excessive strain, blunt force, or abrupt changes in direction. KT Tape helps treat the condition by relieving pressure and increasing circulation.

WHAT YOU NEED
4 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

STRIP ONE
ANCHOR: Anchor the middle of a full strip of tape with 50% stretch below the point of pain.
FINISH: Apply the last two inches of each end without stretch.

STRIP TWO
ANCHOR: Anchor the middle of a second full strip above the point of pain, parallel to first strip, with 50% stretch.
FINISH: Apply the last two inches of each end without stretch.

ANCHOR: Anchor the middle of a third full strip over the first two strips with 50% stretch.
FINISH: Apply the last two inches of each end without stretch.

ANCHOR: Anchor the middle of fourth full strip to form a box around the point of pain with 50% stretch.
FINISH: Apply the last two inches of each end without stretch.

WATCH THE VIDEO
kttape.com/instructions/ribs

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.