

TENNIS ELBOW

AVERAGE DAYS WEAR

KT TAPE
 PRO

APPLICATION OVERVIEW

Tennis Elbow is the inflammation of the outside portion of the elbow resulting in soreness and tenderness. Causes of tennis elbow may include overuse, racquet sports, or gripping objects too tightly. KT Tape helps treat this condition by relieving pressure, relaxing associated muscles, and increasing circulation.

WHAT YOU NEED

- 2 strips of KT TAPE
- 1 full 10" strip
- 1 full 10" strip cut in half

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



BODY POSITION

Bend elbow at 90 degrees in front of the body.



STRIP ONE



80% STRETCH

ANCHOR: Anchor the middle of a half strip of tape over the point of pain with 80% stretch.



0% STRETCH

APPLY: Lay the ends of tape down without stretch.

STRIP TWO



80% STRETCH

ANCHOR: Anchor the middle of a second half strip in an X pattern over the first strip with 80% stretch.



0% STRETCH

APPLY: Lay ends of tape down without stretch.

STRIP THREE



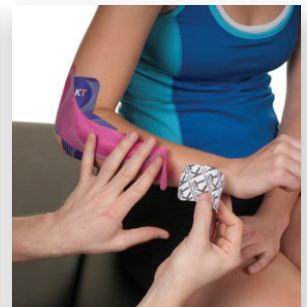
0% STRETCH

ANCHOR: Anchor a full strip on the upper arm an inch above the X pattern.



25% STRETCH

APPLY: Apply tape around the elbow over the point of pain toward the forearm with 25% stretch.



0% STRETCH

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



WATCH THE VIDEO

kttape.com/instructions/tennis-elbow