KT TAPE®
KINESIOLOGY THERAPEUTIC TAPE

1 BEFORE YOU START

Use the following tips for best results. Follow all directions.

- **APPLY BEFORE ACTIVITY**
  Apply tape 1 hour before beginning activity.

- **DON'T RIP OFF**
  Gently remove tape from skin, use baby oil if necessary and remove slowly.

- **DON'T OVERTIGHT**
  Overstretched tape may result in skin irritation and/or abrasion.

- **END ON SKIN, NOT ON TAPE**
  Apply directly to skin where possible, especially for ends.

**CARDIO**: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Improper application, overstretcher, or applying on areas of sensitive skin, and improper or quick removal may result in skin irritation, blistering, or skin abrasion. In rare cases, a user may experience a burning or itching sensation which may indicate a mild allergic skin reaction. Follow instructions for SENSITIVE SKIN ON STRONG ADHESIVE tape removal and discontinue use. Do not place KT TAPE® directly over cuts or open wounds. Discontinue use if skin becomes irritated or sensitive. One or more of the components of this product is a styrene material. There is a possibility that some color migration may occur during use. Instructions provided are for educational purposes only. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.

2 HANDLING TAPE

To remove paper without touching adhesive.

**APPLY MIDDLE FIRST**

- **Tear**
  Twist and pull to tear paper in the center.

- **Peel**
  Peel paper leaving 1/3" of paper on both sides for handling.

- **Apply**
  Apply as shown.

**APPLYING END FIRST**

- **Tear**
  Twist and pull to tear paper 1/2" from the end.

- **Peel**
  Remove the 1/3" of paper from the end.

- **Apply**
  Apply as shown.

3 COMMON INJURIES

*Not clinically proven for all injuries.

For more information about how to apply tape to 12 tape stretching examples, visit www.kttape.com/instructions

**BACK PAIN - LOWER BACK**

- Use referral to stretch the lower back.
- Apply middle of tape line over the point of pain with M5 stretch.
- Lay ends down without stretch.
- Lay ends down without stretch.
- Check for proper position and maintain throughout application.

**KNEE PAIN - FULL KNEE SUPPORT**

- Erect on flat feet.
- Stretch legs out.
- Lay ends down without stretch.
- Check for proper position and maintain throughout application.

**SHOULDER PAIN - GENERAL SHOULDER**

- Apply the tape around the back of the shoulder with M5 stretch.
- Check for proper position and maintain throughout application.
- Apply tape to the top of the shoulder with M5 stretch.
- Apply the tape to the lower end of the stretch.
- Check for proper position and maintain throughout application.

**KT TAPE**: KT Tape is an adhesive and has a backing to it. Do not stretch the backing.
APPLICATIONS FOR MANY 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? FIND MANY COMMON APPLICATIONS AT: ktape.com/instructions

WARNING. If you have sensitive skin, the PRO EXTREME™ version, is removing the tape carefully or if you experience difficulty or discomfort when removing. Follow instructions below for SENSITIVE SKIN OR STRONG ADHESIVE.

5 TAPE REMOVAL

Begin by peeling tape up at a corner. Hold skin down where tape is being pulled off with one hand while gently pulling tape up with the other hand. Remove slowly.

FOR SENSITIVE SKIN, EARLY REMOVAL OR STRONG ADHESIVE

In cases of sensitive skin, early removal or when the tape is difficult to remove, rub baby oil or olive oil into the top of the tape to help break down the adhesive. Wait five minutes and then slowly remove.

LEARN ABOUT OUR PRODUCTS AT www.kt tape.com

ORIGINAL
Cotton Tape Lasts 5-6 Days

PRO™
Synthetic Tape Lasts 6-7 Days

PRO EXTREME™
Extra Strength Adhesive

GENTLE
Easy Removal, Lasts 14 Days

PRO™ WIDE
For Large Muscle Groups

RECOVERY PATCH™
Seeding & Information Tool®

KT RECOVERY™
Moist Heat/Heat Therapy

ICE/HEAT MASSAGE BALL

BLISTER PREVENTION TAPE

BLISTER TREATMENT PATCH

*Not clinically proven for all injuries

KEEP AWAY FROM CHILDREN. Not for infants under 3 yrs. Not for diabetics. **Not intended for use on children less than 2 years of age. Do not use on neonates. **Not intended for use on neonates. **Not intended for use on children less than 2 years of age. Do not use on neonates. **Not intended for use on children less than 2 years of age. Do not use on neonates.

Security seal and tamper evident. KT® Tapes are manufactured in a facility that is free from latex. KT® Tapes are latex free. KT® Tapes are produced in a facility that is HCOAT certified.

DATA SHEET 03/16/19

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