APPLICATION OVERVIEW
The gluteus muscles are the three main muscles that make up the buttocks. These muscles rotate the hip to the outside, extend the trunk of the body, and perform movements such as the squat and lunge. The gluteus muscles’ role in extending the legs is extended to stabilizing our core as we stand or move and providing a cushion as we sit. Causes of gluteus pain may include overuse, hip misalignment, muscle imbalances, sitting or standing for long periods of time, or abrupt changes in training. KT Tape helps treat this condition by relaxing the overworked muscles and increasing circulation.

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

WATCH THE VIDEO
kttape.com/instructions/gluteus

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.