APPLICATION OVERVIEW
Strains involving micro-tears in the muscles, cramping, and tightness can be felt when the hamstrings are injured or not performing properly. Strains are not caused by contact, but by bursts of speed or an abrupt change in direction. Inadequate flexibility, muscle fatigue, poor form, and return to activity prior to complete healing of a prior injury are all potential causes of a hamstring injury. KT Tape can be used to relax the injured muscles and increase circulation to the area and can provide significant pain relief.

BEFORE YOU START
YOU WILL NEED
2 strips of KT TAPE

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: one full strip of tape at base of hamstring just above bend in knee.
APPLY: tape along the line of pain with 25% stretch.
FINISH: Apply last two inches of tape without stretch.

STRIP TWO
ANCHOR: one full strip of tape adjacent to the first strip of tape without
APPLY: tape along the line of pain with 25% stretch.
FINISH: Apply last two inches of tape without stretch.

WATCH THE VIDEO
kttape.com/instructions/hamstrings

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.