APPLICATION OVERVIEW
The IT Band, or iliotibial band, is a thick band of fibrous tissue that runs down the outside of the leg. The iliotibial band begins at the hip and extends to the outer side of the shin (tibia) just below the outside of the knee joint. The band functions in coordination with several of the thigh muscles to provide stability to the outside of the knee. Pain may be caused by overuse, training on hills or stairs, muscle imbalances, and over pronation of the foot. This application of KT Tape helps treat this condition by decreasing pressure to reduce pain.

BEFORE YOU START
WHAT YOU NEED
2 full 10” strips of KT Tape cut in half

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/it-band-hip

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.