APPLICATION OVERVIEW
Pain in the low back can be a very complicated problem. Low back pain can be caused by hip misalignments, sitting or standing for long periods of time, overuse, or blunt force trauma. KT Tape helps treat this condition by relieving pressure and providing support for the back.

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/low-back

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.