APPLICATION OVERVIEW
Low back pain is often caused by complications arising from the SI Joint. Though the SI Joint is not the singular cause of low back pain, attention to the joint is important in assessing and treating the pain. Athletes from all sports and people from all walks of life experience problems with the SI Joint due to its pivotal position in the body. SI Joint pain may be caused by hip misalignments, pregnancy, poor posture, or sitting for long periods of time. KT Tape helps treat this condition by relieving pressure and inflammation around the area to reduce pain.

WHAT YOU NEED
2 strips of KT TAPE
1 full 10” strip
1 full 10” strip cut in half

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

STRIP ONE
80% STRETCH
ANCHOR: the middle of a full strip of tape over the point of pain
FINISH: Lay ends down without stretch

80% STRETCH
ANCHOR: the middle of a half strip at a diagonal over the point of pain
FINISH: Lay ends of tape down without stretch

STRIP THREE
80% STRETCH
ANCHOR: the middle of another half strip over the first strip as shown
FINISH: Lay ends of tape down without stretch

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.

WATCH THE VIDEO
ktape.com/instructions/si-joint