YOU WILL NEED

STRIPS ONE & TWO: Tear backing paper at the center of each strip to begin application.

ALL COLORS of KT Tape® are designed to perform equally.

BEFORE YOU START

APPLY BEFORE ACTIVITY
Apply one hour before beginning activity

CLEAN SKIN
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

APPLY: Holding horizontally, apply moderate stretch and place across low back, directly below point of pain.

FINISH: With two inches remaining, lay both ends down with no stretch.

APPLY: Repeat with strip two applying with a light stretch parallel to strip one, directly above the point of pain.

FINISH: With two inches remaining, lay both ends down with no stretch.

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.