**KT TAPE®**

**KINESIOLOGY THERAPEUTIC TAPE**

**RIBS**

**YOU WILL NEED**

- **STRIPS ONE, TWO & THREE:** Tear paper backing at the center of the strips 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

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**BODY POSITION**
Lean to one side putting a slight stretch on your rib cage.

**STRIP ONE**

- **MODERATE STRETCH**
  - **APPLY:** Hold the ends of the tape and apply the strip horizontally over the site of pain with an even, moderate stretch.
  - **FINISH:** With two inches remaining, lay the ends down with no stretch.

**STRIP TWO**

- **MODERATE STRETCH**
  - **APPLY:** Holding vertically, apply the second strip directly in front of the site of pain
  - **FINISH:** With two inches remaining, lay the ends down with no stretch.

**STRIP THREE**

- **MODERATE STRETCH**
  - **APPLY:** Repeat with a third strip parallel to the second directly behind the site of pain.
  - **FINISH:** With two inches remaining, lay the ends down with no stretch.

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**WATCH THE VIDEO**
kttape.com/instructions/outer-knee

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**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.