

KT TAPE

KT FLEX®

REINFORCED TAPE FOR EXTRA KNEE SUPPORT*

WITH THE FREEDOM AND COMFORT OF KT TAPE®



1 VIDEO INSTRUCTIONS



Scan to watch the video or go to

<https://www.kttape.com/instructions/ktflex>

2 BEFORE YOU START

Here are some important tips to get you the best possible results.



APPLY BEFORE ACTIVITY

Apply tape one hour before beginning activity.



CLEAN SKIN

Clean dirt and oils from skin and allow to dry.



TRIM HAIR

Trim excessive hair for better adhesion.



MAINTAIN POSITION

Assume the specified body position and maintain throughout application.



DON'T STRETCH

Do not apply any stretch to tape while using KT Flex™.



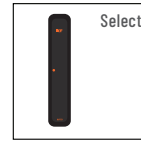
DON'T RIP OFF!

Gently remove tape from skin, use baby oil if necessary and remove slowly.

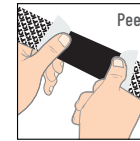
*Not clinically verified. **CAUTION:** If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Improper application, stretching, or applying on areas of sensitive skin, and improper or quick removal may result in skin irritation, blisters or skin abrasion. In rare cases, a user may experience a burning or stinging sensation which may indicate a mild allergic skin reaction. Follow instructions for SENSITIVE SKIN, EARLY REMOVAL OR STRONG ADHESIVE tape removal and discontinue use. Do not place KT FLEX™ directly over cuts or open wounds. Discontinue use if skin becomes irritated or sore. One or more components are made from a dyed material, some color transfer can occur. Instructions provided are for educational use only. KT FLEX™ is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.

3 TAPE APPLICATION: SUPPORT REQUIRES 2 STRIPS—1 OUTER KNEE & 1 INNER KNEE

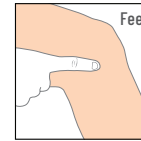
A: OUTER KNEE



1 Remove one **OUTER KNEE** strip with FreeFlex™ support (with dot).



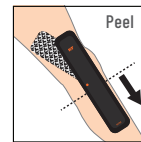
2 Lift and partly remove paper backing at middle cut.



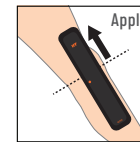
3 Feel for bony bump below knee joint on outside of leg.



4 With the leg comfortably straight, but not locked back, place the orange dot over the bony bump. Rub middle section of tape to secure in place.



5 Remove lower half of paper backing and place down side of calf. Rub to apply.

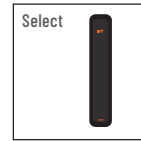


6 Remove upper half of paper backing and rub to apply. Smooth down ends and tape overall.

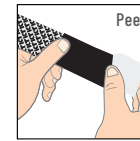


7 Tape should easily bend with your knee. Now you are ready to tape inside knee.

B: INNER KNEE



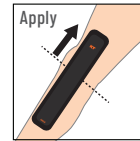
1 Remove one **INNER KNEE** strip without FreeFlex™ support (no dot).



2 Lift and remove entire lower half of paper backing.



3 With the leg straight, apply lower half of tape to match angle of outer leg. Rub bottom half down.



4 Remove upper half of paper backing and rub to apply. Smooth down ends and tape overall.

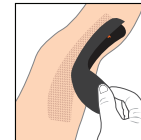
4 HOW TO REMOVE TAPE



1 Beginning at one end and continuing down the length of the tape, lift up one entire long edge.



2 **OUTER KNEE:** Continue rolling the removed edge over the FreeFlex™ length-wise.



3 Finish removing the tape by slowly pulling up the edge that is remaining until it is no longer adhered.

INNER KNEE: Continue rolling the tape length-wise.

FOR SENSITIVE SKIN, EARLY REMOVAL, OR STRONG ADHESIVE

In cases of sensitive skin, early removal or when the tape is difficult to remove, rub baby oil or olive oil into the edges of the strip to help break down the adhesive. Wait five minutes and then slowly remove.

