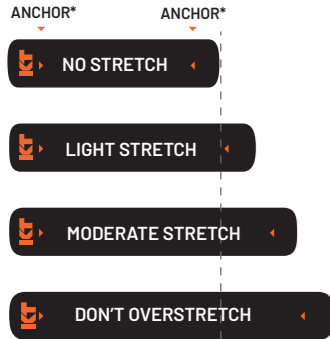


## STRETCHING GUIDE AND INDICATOR

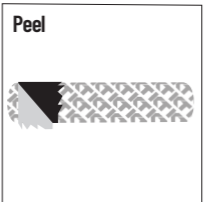


\*Anchor indicators not displayed on all tape products.

## 1 HOW TO REMOVE PAPER BACKING - END

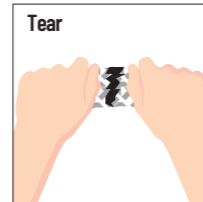


**Tear**  
Twist and pull to tear paper 2" from the end.

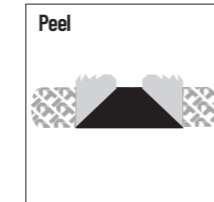


**Peel**  
Remove the 2" of paper from end.

## HOW TO REMOVE PAPER BACKING - MIDDLE

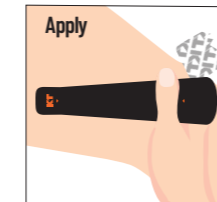


**Tear**  
Twist and pull to tear paper in the center.



**Peel**  
Peel paper leaving 2" of paper on both sides for handling.

## 2 HOW TO APPLY TAPE - END

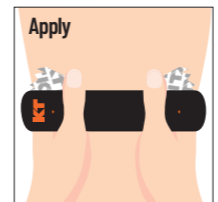


Apply as shown.

Apply as needed. Can be worn up to 7 days.  
†Use 1 inch anchors for half strips.

- ANCHOR first 2 inches† without stretch.
- Apply stretch according to application
- ANCHOR last 2 inches without stretch.
- After applying, rub tape for best adhesion.

## HOW TO APPLY TAPE - MIDDLE



Apply as shown.

Read all cautions on box.

- Apply stretch according to application
- ANCHOR first 2 inches† without stretch.
- ANCHOR last 2 inches without stretch.
- After applying, rub tape for best adhesion.

## 3 HOW TO REMOVE TAPE



Begin by peeling tape up at a corner. Hold skin down where tape is being pulled off with one hand while gently pulling tape off with the other hand. Remove slowly.

See instructions for strong adhesive tape removal on our website

## WATCH OUR STEP-BY-STEP VIDEOS



[KT TAPE.COM/INSTRUCTIONS](http://KT TAPE.COM/INSTRUCTIONS)

[KT TAPE.COM](http://KT TAPE.COM)

## TIPS FOR BEST RESULTS



### APPLY BEFORE ACTIVITY

Apply tape one hour before beginning activity for best adhesion.



### TRIM HAIR

Trim excessive hair for better adhesion.



### CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol.



### DON'T RIP OFF!

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



### DON'T OVERSTRETCH

Overstretching tape may result in skin irritation and/or abrasions.



### END ON SKIN, NOT ON TAPE

Apply directly to skin when possible, especially the ends.

## HOW TO CHOOSE KT TAPE FOR EVERY MOMENT

KEY BENEFIT	PRODUCT NAME	LIGHT ACTIVITY	MODERATE ACTIVITY	INTENSE ACTIVITY
DESIGNED FOR SENSITIVE SKIN	GENTLE	██████████	██████████	██████████
ALL-NATURAL COTTON	COTTON	██████████	██████████	██████████
BREATHABILITY	PRO <sup>®</sup>	██████████	██████████	██████████
COOLING MENTHOL	PRO ICE <sup>™</sup>	██████████	██████████	██████████

KEY BENEFIT	PRODUCT NAME	LIGHT ACTIVITY	MODERATE ACTIVITY	INTENSE ACTIVITY
LARGE AREAS	PRO <sup>®</sup> WIDE	██████████	██████████	██████████
FOR HUMID CONDITIONS	PRO EXTREME <sup>®</sup>	██████████	██████████	██████████
INCREASED CELLULAR OXYGENATION**	PRO <sup>®</sup> OXYGEN	██████████	██████████	██████████

\*\*Benefits where tape is applied.



### PREPARE

Trust KT to get you ready for your next goal.

### PERFORM

Confidence so you can be at your best.

### RECOVER

Amplify your recovery and be ready for what's next.

**CAUTION:** Improper application, overstretching, 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. Do not place KT TAPE<sup>®</sup> directly over cuts or open wounds. One or more of the components of this product is a dyed material. There is a possibility that some color migration may occur during use. Instructions provided are for educational use only. KT TAPE<sup>®</sup> is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.

## TRUSTED KT PRODUCTS

Prepare, Perform, Recover, Repeat.

	PREPARE	PERFORM	RECOVER
Kinesiology Tape	✓	✓	✓
Creams/Gels	✓	✓	✓
Blister Relief	✓	✓	✓
Chafing Relief	✓	✓	
Ice/Heat		✓	✓

[VIEW ALL PRODUCTS @ KTTAPE.COM](http://KTTAPE.COM)

SCAN FOR OTHER LANGUAGES



NEW USER GUIDE

