

## GOLFER'S ELBOW

### AVERAGE DAYS WEAR

KT TAPE   
 PRO

### APPLICATION OVERVIEW

Golfer's elbow is a common overuse injury of the inside portion of the elbow. Causes of golfer's elbow may include overuse or gripping objects too tightly for long periods of time. KT Tape can relieve pain by reducing pressure, relaxing muscles, and increasing circulation.

### 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

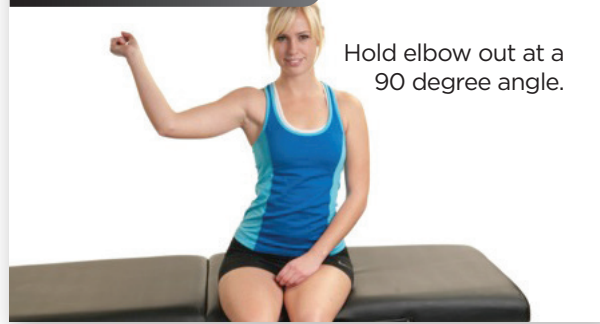
Clean dirt, oils and lotions from area

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION



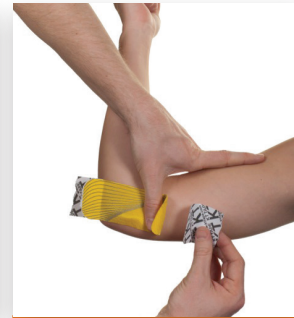
Hold elbow out at a 90 degree angle.

### STRIP ONE



80% STRETCH

**APPLY:** Anchor the middle of a half strip of tape over the point of pain with 80% stretch.



0% STRETCH

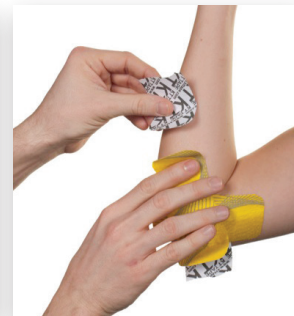
**FINISH:** Lay ends down without stretch.

### STRIP TWO



80% STRETCH

**APPLY:** Anchor a second half strip in an X pattern over the first strip with 80% stretch in middle of tape.



0% STRETCH

**FINISH:** Lay ends down without stretch.

### STRIP THREE



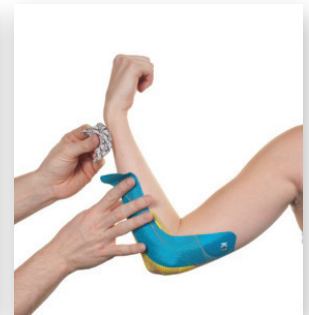
0% STRETCH

**ANCHOR:** Anchor a full strip three inches above the elbow.



25% STRETCH

**APPLY:** Apply tape around the point of the elbow and up the forearm with 25% stretch.



0% STRETCH

**FINISH:** Apply the last two inches of tape without stretch.



### WATCH THE VIDEO

[kttape.com/instructions/golfers-elbow](http://kttape.com/instructions/golfers-elbow)