

SPINE

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Disc pain can be caused by any number of conditions that affect the vital components of the spine. Discs can herniate and swell, slip away from their correct positioning between the bony vertebrae, or rupture. These issues cause pressure on the many nerves that leave the spine and make the simplest activities very painful. KT Tape reduces pressure over the area and increases circulation.

WHAT YOU NEED

2 full 10" strips of KT Tape 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







STRIP ONE

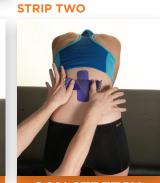


ANCHOR: Anchor middle

of a half strip of tape over the point of pain with 80% stretch.



FINISH: Apply ends of tape without stretch.



80% STRETCH

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

STRIP THREE



FINISH: Apply ends of tape without stretch.

STRIP FOUR

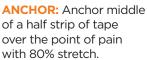


of a half strip of tape over the point of pain



FINISH: Apply ends of tape without stretch.

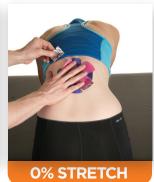
0% STRETCH





80% STRETCH

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



FINISH: Apply ends of tape without stretch.