

PERFORMANCE MEETS SCIENCE™



Tape

HIP PAIN (ITBS)



WATCH THE VIDEO
www.gotape.com/completeknee

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1 Lean away from the hip to be taped.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



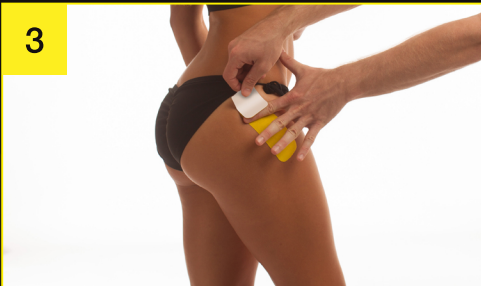
Do not stretch the ends of the tape



Rub entire application well after applying each strip



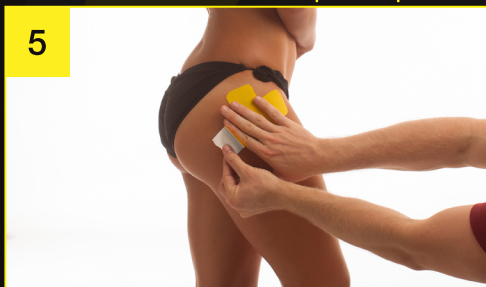
2 Anchor middle portion of half-strip with 90% stretch over most intense point of pain.



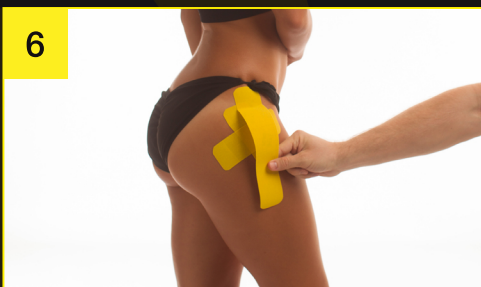
3 Lay each end down with no stretch.



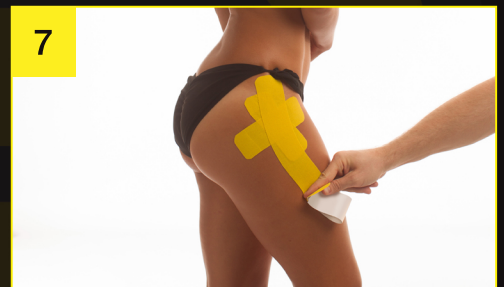
4 Anchor middle portion of half-strip at 90% stretch across first half strip.



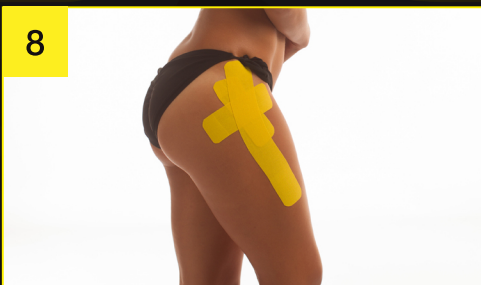
5 Lay each end down with no stretch.



6 Anchor full-strip above half-strips with no stretch.



7 Apply with 25% stretch along side of leg and over pain. Lay end down with no stretch.



8 Rub application well to securely fix all edges to skin.