

KT TAPE®

KINESIOLOGY THERAPEUTIC TAPE

GENERAL ELBOW

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

General elbow pain includes dull, aching pain around the elbow. Causes of pain may include overuse, inflammation, or trauma. KT Tape treats this by increasing circulation, reducing pressure around the area of pain, and providing support and stability.

WHAT YOU NEED

2 strips of KT TAPE

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

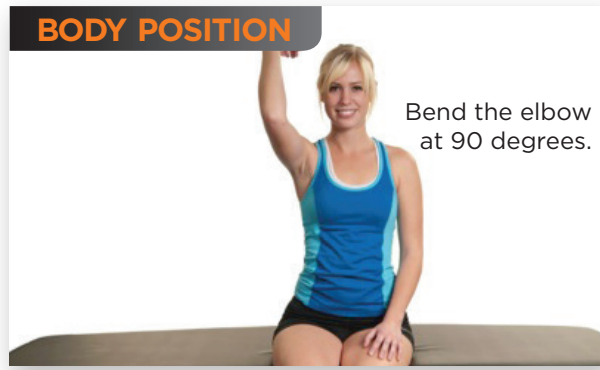
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

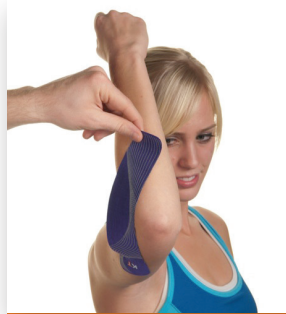


BODY POSITION



Bend the elbow at 90 degrees.

STRIP ONE



0% STRETCH

ANCHOR: Anchor a full strip on the outer arm four inches above the elbow.



50% STRETCH

APPLY: Apply tape around the elbow with 50% stretch.



0% STRETCH

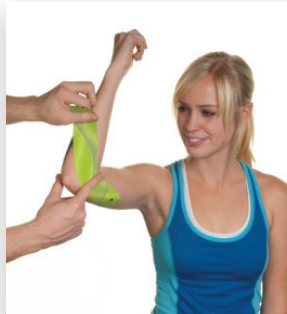
FINISH: Apply the last two inches of tape without stretch.

STRIP TWO



0% STRETCH

ANCHOR: Anchor a full strip on the lower bicep four inches above from the elbow without stretch.



50% STRETCH

APPLY: Apply tape around the inner elbow with 50% stretch.



0% STRETCH

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



WATCH THE VIDEO

kttape.com/instructions/general-elbow