

LOW BACK

AVERAGE DAYS WEAR

KT TAPE 
PRO 

APPLICATION OVERVIEW

Pain in the low back can be a very complicated problem. Low back pain can be caused by hip misalignments, sitting or standing for long periods of time, overuse, or blunt force trauma. KT Tape helps treat this condition by relieving pressure and providing support for the back.

WHAT YOU NEED

2 strips of KT TAPE

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

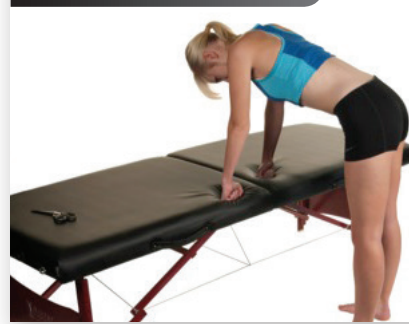
CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

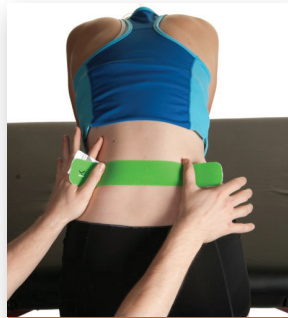
After application rub tape vigorously to activate adhesive

BODY POSITION



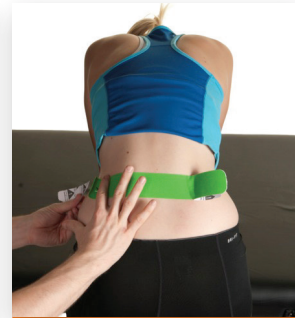
Lean forward to stretch the lower back.

STRIP ONE



80% STRETCH

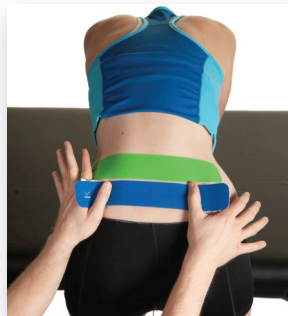
ANCHOR: Anchor middle of a full strip of tape over the point of pain with 80% stretch.



0% STRETCH

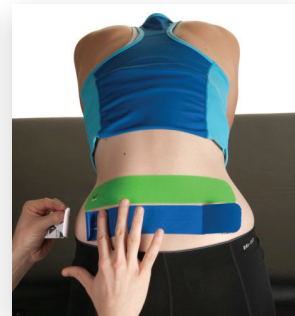
FINISH: Lay ends down without stretch.

STRIP TWO



80% STRETCH

ANCHOR: Anchor the middle of a second full strip under the first strip with 80% stretch.



0% STRETCH

FINISH: Apply ends of tape without stretch.



WATCH THE VIDEO

kttape.com/instructions/low-back