



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.

BEFORE YOU START

YOU WILL NEED

2 strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

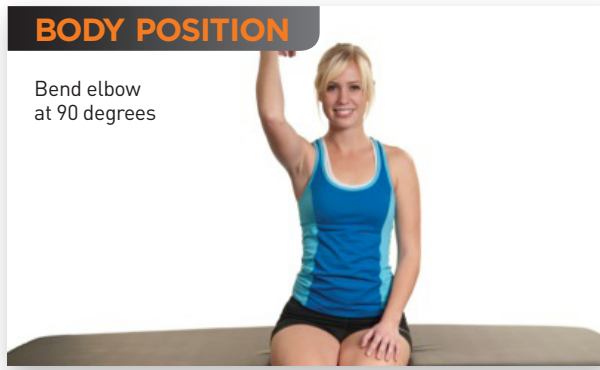
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

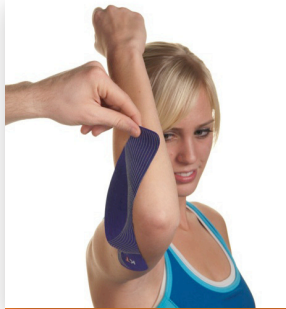
After application rub tape vigorously to activate adhesive

BODY POSITION

Bend elbow at 90 degrees



STRIP ONE



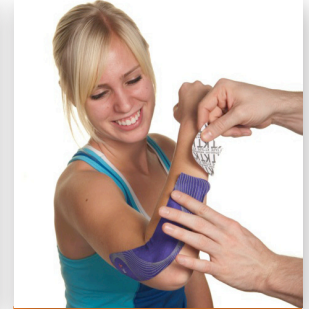
0% STRETCH

ANCHOR: full strip on outer arm four inches above elbow



50% STRETCH

APPLY: tape around elbow with 50% stretch



0% STRETCH

FINISH: apply last two inches of tape without stretch

STRIP TWO



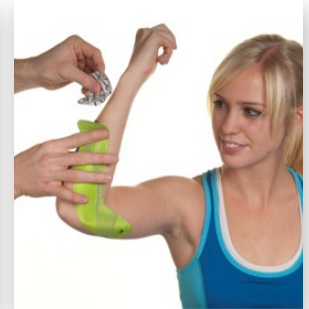
0% STRETCH

ANCHOR: full strip on lower bicep four inches above from elbow without stretch



50% STRETCH

APPLY: tape around inner elbow with 50% stretch



0% STRETCH

FINISH: apply last two inches of tape without stretch



WATCH THE VIDEO

kttape.com/instructions/general-elbow