



GROIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

A groin strain is an injury to the adductor muscles that bring the leg back towards the body. Less severe strains pull the muscle beyond their normal range of motion and create incomplete micro-tears. More severe strains tear the muscle fibers in total and can even cause a complete tear of the muscle. KT Tape helps treat this condition by relaxing the muscles, providing support and stability, and increasing circulation.

BEFORE YOU START

YOU WILL NEED

2 strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

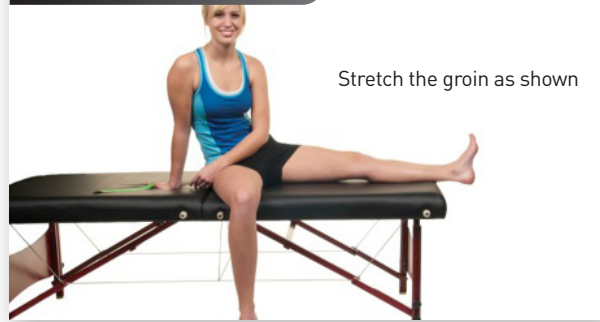
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

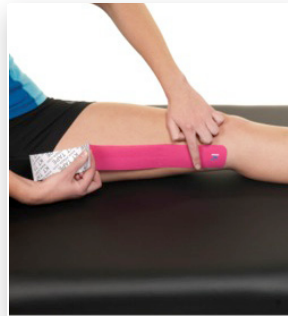


BODY POSITION



Stretch the groin as shown

STRIP ONE



25% STRETCH

APPLY: anchor full strip of tape to side of knee on inner muscles of leg as shown with no stretch and apply tape towards groin with 25% stretch



0% STRETCH

FINISH: apply last two inches of tape without stretch

STRIP TWO



25% STRETCH

APPLY: anchor a full strip parallel to first strip as shown and apply tape towards groin with 25% stretch



0% STRETCH

FINISH: apply last two inches of tape without stretch



WATCH THE VIDEO
kttape.com/instructions/groin