

Basic Kinesio Tape Application for the Low Back

Preparation

1. Cut 2 “1” strips long enough to reach from the upper buttocks to just below the scapulae (shoulder blades). Round the corners to prevent peeling.
2. Prepare a third “1” strip long enough to reach from hip to hip when slightly stretched. Round the corners to prevent peeling
3. Prepare the skin by cleaning with alcohol.



STEP 1: Curl forward from waist to stretch back muscles. Peel backing from one end of “1” strip, and with very little stretch, apply along one side of the spine, beginning slightly above the tailbone. Continue to peel backing and extend tape upward. Rub tape briskly to activate adhesive. Repeat with second piece.



STEP 2: Tear paper backing in the middle of the shorter “1” strip and peel both sides away from the middle approximately 2”. With the body still curled forward, place the center of the tape over the strained area. Apply a light to moderate stretch and extend tape outwards.



STEP 3: The final 2” of tape should be applied to the skin with no stretch. Rub tape briskly to activate adhesive.

Final Appearance of Basic Kinesio Tape Application for the Lower Back