

Application Instructions - Kinesio Tape Precut Back Tape

General Instructions

Assistance is recommended to apply this application. Before applying, make sure skin is clean and dry. After applying, rub tape briskly to activate adhesive. It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.

Step 1



Begin with one black tape strip. If necessary, use the cutting guides on the tape backing to cut the strip to the correct length. Using the tear line, remove the backing paper from the end of the strip.

Step 2



Place the base of the black strip over the lowest part of the back on one side of the spine. Bend forward to stretch the back muscles. Begin removing the tape backing. Without stretching the tape, extend the strip upwards along the spine.

Step 3



Take the second black strip and apply along the other side of the spine, following the same instructions as above. After applying strips, rub tape to activate adhesive.

Step 4



Take the pink strip and, if necessary, use cutting guide on backing to cut tape to correct length. Tear backing along center tear line, then begin removing backing in both directions to expose middle portion of tape. Holding ends of tape, apply a slight stretch, then apply tape horizontally over the most painful area.