

GLUTEUS

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The gluteus muscles are the three main muscles that make up the buttocks. These muscles rotate the hip to the outside, extend the trunk of the body, and perform movements such as the squat and lunge. The gluteus muscles' role in extending the legs is extended to stabilizing our core as we stand or move and providing a cushion as we sit. Causes of gluteus pain may include overuse, hip misalignment, muscle imbalances, sitting or standing for long periods of time, or abrupt changes in training. KT Tape helps treat this condition by relaxing the overworked muscles and increasing circulation.

WHAT YOU NEED

2 strips of KT TAPE

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

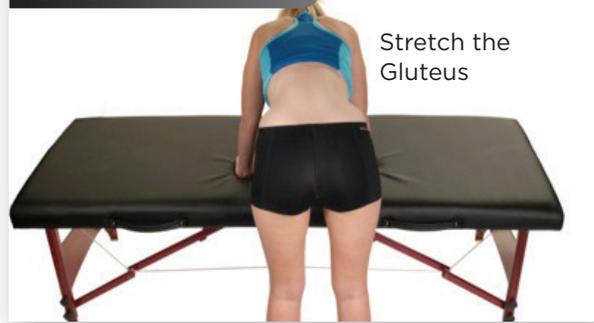
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



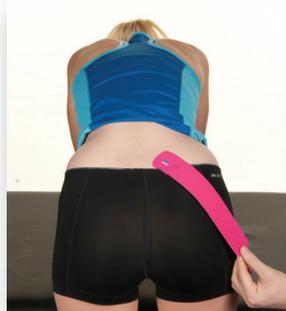
BODY POSITION



Stretch the Gluteus

Apply directly to the skin. Photos are for placement only.

STRIP ONE



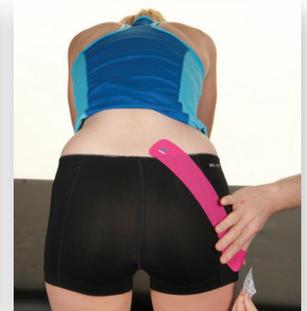
0% STRETCH

ANCHOR: Anchor tape two inches above and diagonal to the area of pain.



25% STRETCH

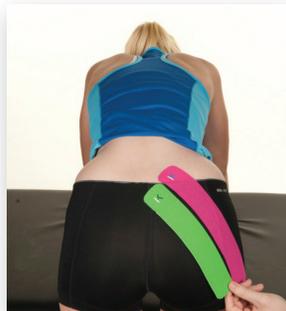
APPLY: Apply the tape over the line of pain with 25% stretch.



0% STRETCH

FINISH: Lay the last two inches of tape down without stretch.

STRIP TWO



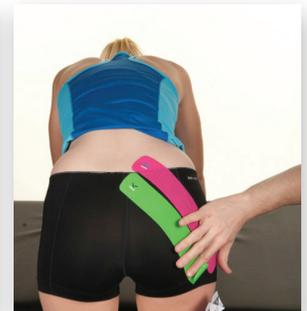
0% STRETCH

ANCHOR: Apply a second strip of tape parallel to the first strip with the same technique used with the first strip.



25% STRETCH

APPLY: Apply the tape over the line of pain with 25% stretch.



0% STRETCH

FINISH: Lay the last two inches of tape down without stretch.



WATCH THE VIDEO

kttape.com/instructions/gluteus