

## HIP FLEXOR

### AVERAGE DAYS WEAR



### APPLICATION OVERVIEW

Hip flexor pain is a relatively uncommon injury to the front of the hip that is more predominant in younger adults and females. However uncommon it may be, when one suffers from a hip flexor injury or strain, it can be very painful. The hip flexor muscles serve to flex the thigh and pull the knee upward. Causes of hip flexor pain may include uneven motions or training, running on hills or stairs, or abrupt starts and stops. KT Tape relaxes associated muscles, provides stability and support, and may increase circulation.

### WHAT YOU NEED

2 full 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

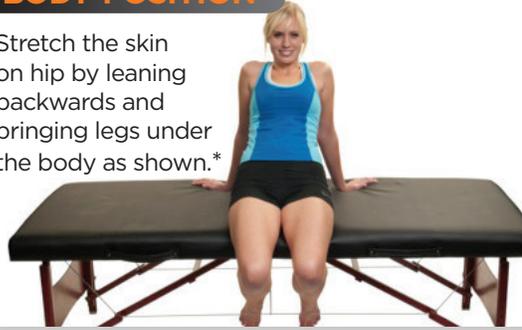
#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



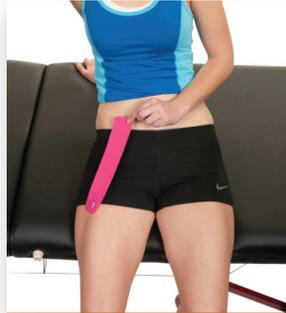
### BODY POSITION

Stretch the skin on hip by leaning backwards and bringing legs under the body as shown.\*



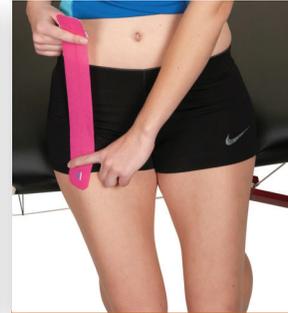
\*Apply KT Tape directly to skin, photos are for body placement only.

### STRIP ONE



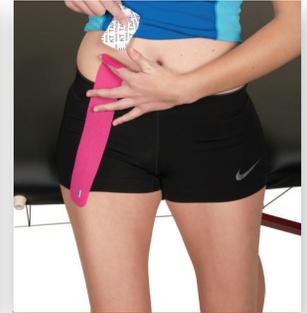
0% STRETCH

**ANCHOR:** a full strip without stretch 3 inches below the point of pain\*



25% STRETCH

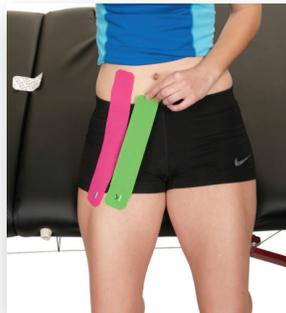
**APPLY:** Lay the tape diagonally toward hip over the point of pain with 25% stretch



0% STRETCH

**FINISH:** Apply last two inches without stretch on tape

### STRIP TWO



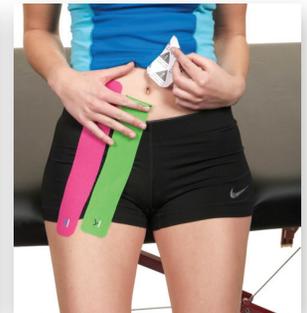
0% STRETCH

**ANCHOR:** a full strip of tape inside the first strip as shown



25% STRETCH

**APPLY:** Apply the tape over the point of pain with 25% stretch



0% STRETCH

**FINISH:** Apply the last two inches without stretch



### WATCH THE VIDEO

[kttape.com/instructions/hip-flexor](http://kttape.com/instructions/hip-flexor)