

KT TAPE®

KINESIOLOGY THERAPEUTIC TAPE

IT BAND - HIP

AVERAGE DAYS WEAR

KT TAPE

PRO

APPLICATION OVERVIEW

The IT Band, or iliotibial band, is a thick band of fibrous tissue that runs down the outside of the leg. The iliotibial band begins at the hip and extends to the outer side of the shin (tibia) just below the outside of the knee joint. The band functions in coordination with several of the thigh muscles to provide stability to the outside of the knee. Pain may be caused by overuse, training on hills or stairs, muscle imbalances, and over pronation of the foot. This application of KT Tape helps treat this condition by decreasing pressure to reduce pain.

BEFORE YOU START

WHAT YOU NEED

2 full 10" strips of KT Tape cut in half

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



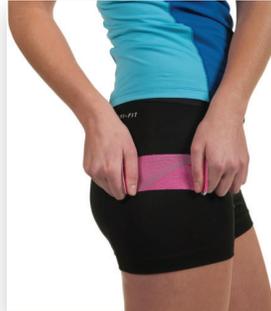
BODY POSITION

Flex hip by shifting it outward.*



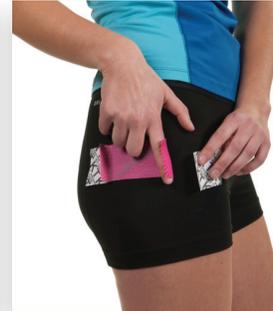
*Apply tape directly to skin, photos show placement on body only.

STRIP ONE



80% STRETCH

APPLY: Anchor the middle of a half strip tape over the point of pain with 80% stretch.



0% STRETCH

FINISH: Lay down the ends without stretch.

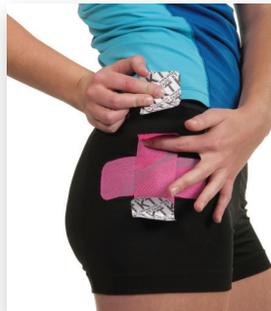
STRIP TWO



80% STRETCH

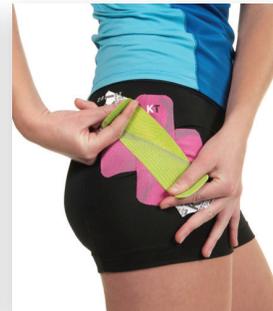
APPLY: Anchor the middle of another half strip with 80% stretch across the other strip.

STRIP THREE



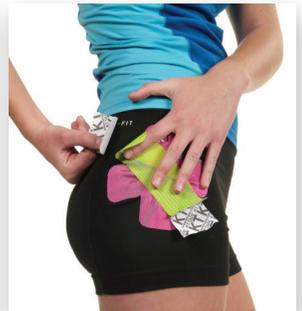
0% STRETCH

FINISH: Lay down the ends without stretch.



80% STRETCH

APPLY: Anchor the middle of another half strip with 80% stretch across the other two.



0% STRETCH

FINISH: Lay down the ends of the tape with no stretch.

STRIP FOUR



80% STRETCH

APPLY: Anchor the middle of another half strip with 80% stretch across the other strips.



0% STRETCH

FINISH: Lay down the ends with no stretch. Rub the tape vigorously to activate the adhesive.



WATCH THE VIDEO

kttape.com/instructions/it-band-hip

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**