

SI JOINT

AVERAGE DAYS WEAR

KT TAPE

PRO

APPLICATION OVERVIEW

Low back pain is often caused by complications arising from the SI Joint. Though the SI Joint is not the singular cause of low back pain, attention to the joint is important in assessing and treating the pain.

Athletes from all sports and people from all walks of life experience problems with the SI Joint due to its pivotal position in the body. SI Joint pain may be caused by hip misalignments, pregnancy, poor posture, or sitting for long periods of time. KT Tape helps treat this condition by relieving pressure and inflammation around the area to reduce pain.

WHAT YOU NEED

- 2 strips of KT TAPE
- 1 full 10" strip
- 1 full 10" strip cut in half

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

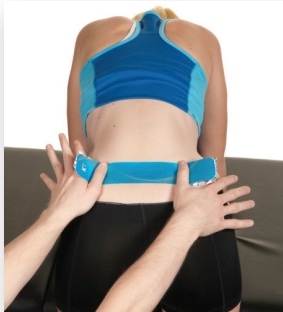
After application rub tape vigorously to activate adhesive



BODY POSITION

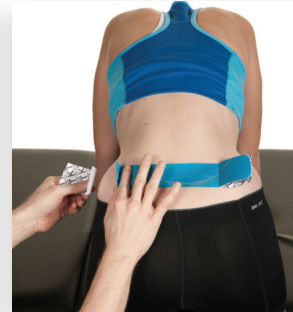


STRIP ONE



80% STRETCH

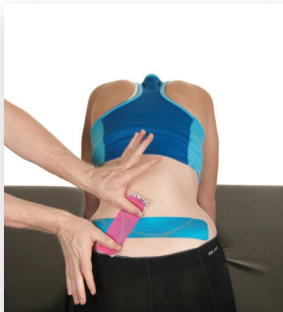
ANCHOR: the middle of a full strip of tape over the point of pain



0% STRETCH

FINISH: Lay ends down without stretch

STRIP TWO



80% STRETCH

ANCHOR: the middle of a half strip at a diagonal over the point of pain

FINISH: Lay ends of tape down without stretch

STRIP THREE



80% STRETCH

ANCHOR: the middle of another half strip over the first strip as shown

FINISH: Lay ends of tape down without stretch



WATCH THE VIDEO

kttape.com/instructions/si-joint