

# KT TAPE<sup>®</sup>

KINESIOLOGY THERAPEUTIC TAPE

## TENNIS ELBOW

### AVERAGE DAYS WEAR

KT TAPE   
PRO 

### APPLICATION OVERVIEW

Tennis Elbow is the inflammation of the outside portion of the elbow resulting in soreness and tenderness. Causes of tennis elbow may include overuse, racquet sports, or gripping objects too tightly. KT Tape helps treat this condition by relieving pressure, relaxing associated muscles, and increasing circulation.

### 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



### WATCH THE VIDEO

[kttape.com/instructions/tennis-elbow](http://kttape.com/instructions/tennis-elbow)

### BODY POSITION

Bend elbow at 90 degrees in front of the body.



### STRIP ONE



80% STRETCH

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



0% STRETCH

**APPLY:** Lay the ends of tape down without stretch.

### STRIP TWO



80% STRETCH

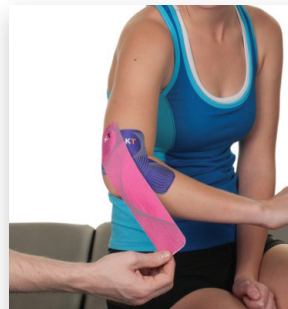
**ANCHOR:** Anchor the middle of a second half strip in an X pattern over the first strip with 80% stretch.



0% STRETCH

**APPLY:** Lay ends of tape down without stretch.

### STRIP THREE



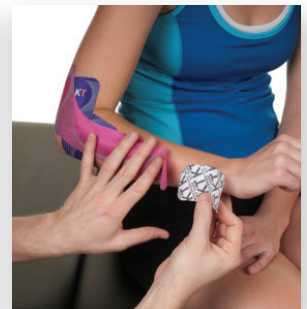
0% STRETCH

**ANCHOR:** Anchor a full strip on the upper arm an inch above the X pattern.



25% STRETCH

**APPLY:** Apply tape around the elbow over the point of pain toward the forearm with 25% stretch.



0% STRETCH

**FINISH:** Apply the last two inches of tape without stretch.

**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<sup>®</sup> 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.**