

## TRICEP

### AVERAGE DAYS WEAR



### APPLICATION OVERVIEW

Tricep injuries include muscle pain and weakness. Cause of pain may include overuse, landing on an outstretched arm, or muscular imbalance. KT Tape helps support the muscle by assisting function through support, reduction of pressure, and increasing circulation.

### WHAT YOU NEED

1 strip of KT TAPE

### BEFORE YOU START

#### APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

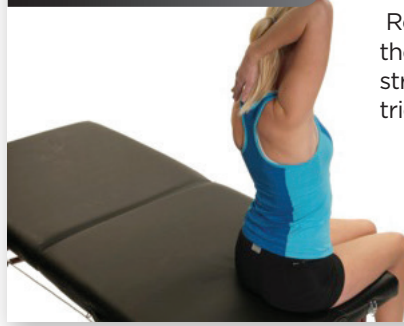
#### CLEAN SKIN

Clean dirt, oils and lotions from area

#### ACTIVATE ADHESIVE

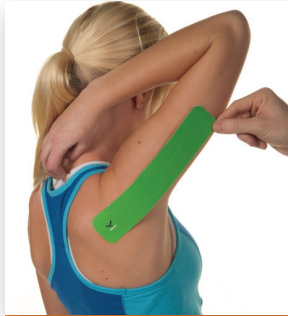
After application rub tape vigorously to activate adhesive

### BODY POSITION



Reach behind the shoulders, stretching the tricep.

### STRIP ONE



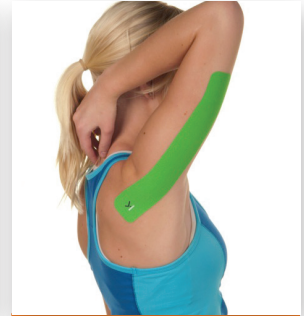
0% STRETCH

**ANCHOR:** Anchor a full strip on the upper tricep two inches from the base of the arm.



25% STRETCH

**APPLY:** Apply the tape along the tricep with 25% stretch.



0% STRETCH

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



**WATCH THE VIDEO**

[kttape.com/instructions/tricep](http://kttape.com/instructions/tricep)