

ABDOMINALS

AVERAGE DAYS WEAR

KT TAPE 

PRO 

APPLICATION OVERVIEW

Abdominal pain has many causes ranging from issues within the abdominal cavity itself, to tears or pains in the muscular structure surrounding the organs of the abdominal cavity

WHAT YOU NEED

2 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

Lean to the side to stretch abdominal muscles.



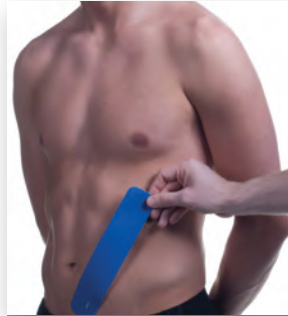
THERATAPE 

**SAVE 20% OFF
YOUR FIRST ORDER**

USE CODE: THERATAPE2020

SHOP AT THERATAPE.COM

STRIP ONE



0% STRETCH

ANCHOR: Anchor a full strip of tape without stretch at a diagonal two inches below the area of pain.



25% STRETCH

APPLY: tape over the line of pain.



0% STRETCH

FINISH: Apply last two inches of tape without stretch.

STRIP TWO



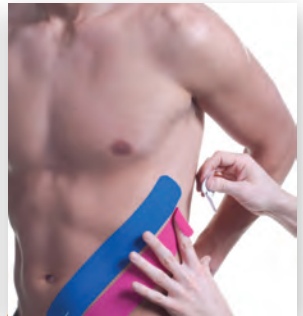
0% STRETCH

ANCHOR: Anchor a full strip adjacent to the first strip of tape.



25% STRETCH

APPLY: Apply tape along the line of pain with 25% stretch.



0% STRETCH

FINISH: Apply last two inches of tape without stretch.



WATCH THE VIDEO

kttape.com/instructions/abdominals