

OUTSIDE

3 ADDITIONAL APPLICATIONS

For greater coverage, use these other applications

END-TO-END



SIDE-TO-SIDE



CRISS-CROSS



4 VIDEO INSTRUCTIONS

 www.kttape.com/instructions

5 CUSTOMER SUPPORT

 support@kttape.com

   facebook.com/kttape twitter.com/kttape instagram.com/kttape

KT Recovery+™ Recovery Patches are not a replacement for professional medical care. Consumers are encouraged to consult a medical professional before using KT Recovery+™ Recovery Patches. Discontinue use and seek medical consultation if you develop worsening skin conditions, or experience any new pain, tingling, or numbness. Do not use on abdomen if pregnant. Do not place KT Recovery+™ Recovery Patches directly over cuts or open wounds. Individuals with known skin sensitivity due to active infection, radiation or other burns, dermatologic conditions, or a compromised lymphatic system, congestive heart failure, renal insufficiency, cancer, or deep vein thrombosis should consult their medical doctor before using this product. Warranties and remedies limited to product replacement cost. © 2015 KT Health, LLC. All rights reserved.

KT TAPE

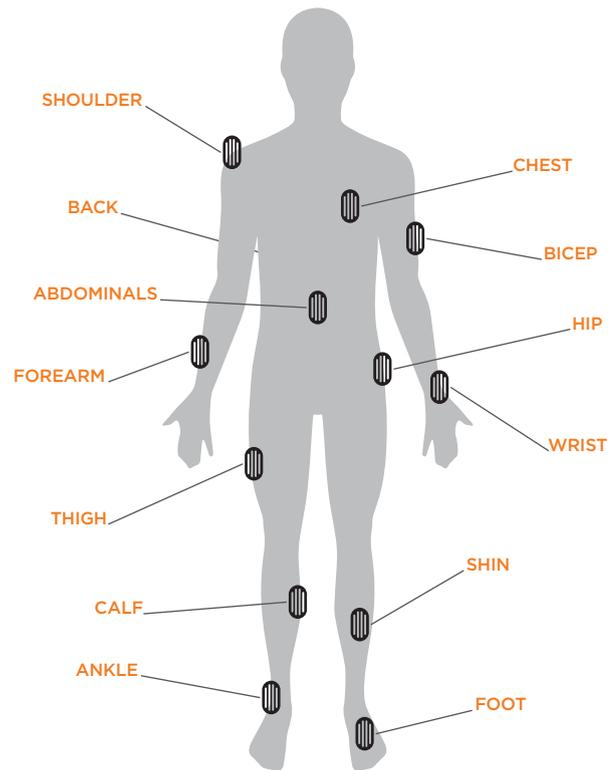
www.kttape.com

KT RECOVERY+™

RECOVERY PATCH SWELLING & INFLAMMATION RELIEF*

For more information, go to kttape.com/recoverypatch

COMMON AREAS OF APPLICATION*



*Not clinically proven for all applications

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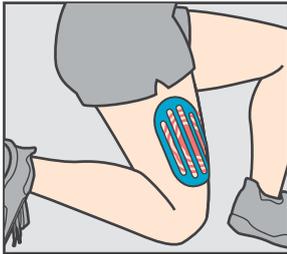
INSIDE

KTRECOVERY+

KT Recovery+™ Recovery Patches are specially designed to reduce swelling and inflammation* from muscle injuries and its accompanying pain.

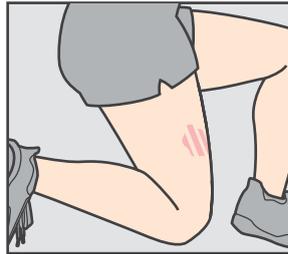
APPLY PATCH

With body part on stretch, apply patch(es) over swollen or inflamed area



AFTER

Affected area shows reduction in swelling or inflammation*



For more information, go to kttape.com/recoverypatch

1 BEFORE YOU START

Here are some important tips to get you the best possible results.



Apply within 48 hours of initial onset of swelling or inflammation.



Clean dirt and oils from skin and allow to dry.



Trim excessive hair for better adhesion.



Position the area of application so that the skin is on stretch.



Do not apply any stretch to this patch. Overstretching patch may result in skin irritation or blisters.



Gently remove patch from skin, use baby oil if necessary.

*Not clinically proven for all applications

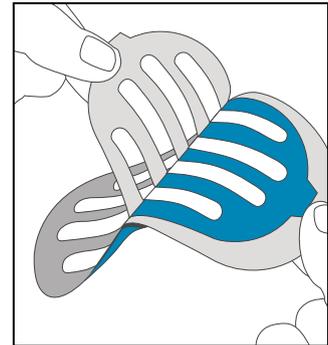
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2 HOW TO APPLY RECOVERY PATCHES

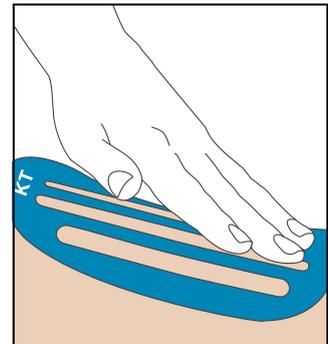
1

Pull tab to remove the inner backing paper.



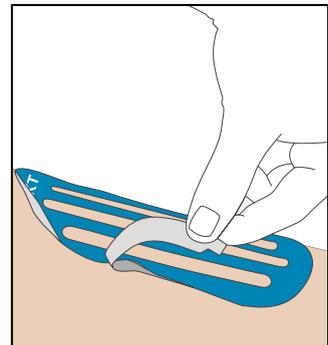
2

With the body part on stretch, place the patch on the skin with the "KT" towards the heart.



3

Pull the backing paper frame away slowly and smooth the edges. Rub patch to activate adhesive.



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