



GLUTEUS PAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The gluteus muscles are the three main muscles that make up the buttocks. These muscles rotate the hip to the outside, extend the trunk of the body, and perform movements such as the squat and lunge. The gluteus muscles' role in extending the legs is extended to stabilizing our core as we stand or move and providing a cushion as we sit. Causes of gluteus pain may include overuse, hip misalignment, muscle imbalances, sitting or standing for long periods of time, or abrupt changes in training. KT Tape helps treat this condition by relaxing the overworked muscles and increasing circulation.

BEFORE YOU START

YOU WILL NEED

2 strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

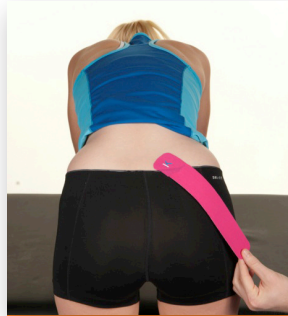
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

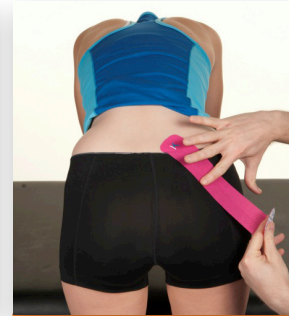
BODY POSITION



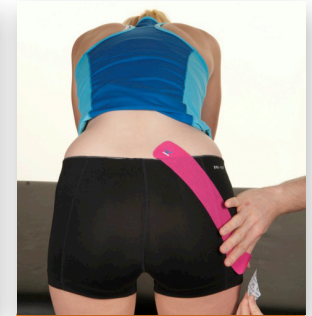
STRIP ONE



0% STRETCH



25% STRETCH



0% STRETCH

ANCHOR: tape two inches above and diagonal to the area of pain

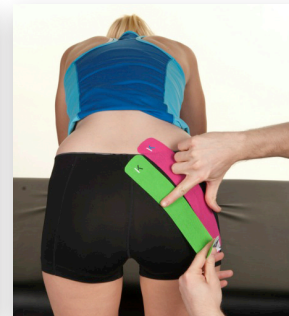
APPLY: tape over the line of pain with 25% stretch

FINISH: lay the last two inches of tape down without stretch

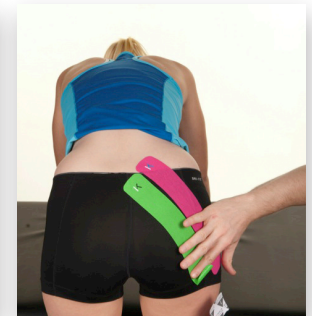
STRIP TWO



0% STRETCH



25% STRETCH



0% STRETCH

ANCHOR: apply a second strip of tape parallel to the first strip with the same technique used for the first strip

APPLY: see above

FINISH: see above



WATCH THE VIDEO

kttape.com/instructions/gluteus