**APPLICATION OVERVIEW**

The bicep muscles and tendons run along the front of your arm and to the front of the shoulder. These muscles are responsible for “curling” motions and raising your arm in front of you. Causes of bicep pain may include tears and strains to the muscle or nerve, ligament, or tendon damage. KT Tape relieves pressure, supports the muscle, and may increase circulation to reduce pain.

**BEFORE YOU START**

**YOU WILL NEED**
1 strip 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

**STRIPE ONE**

**ANCHOR:** full strip one inch above the inner elbow without stretch

**APPLY:** tape along the bicep with 25% stretch

**FINISH:** lay the last two inches down without stretch

**AVERAGE DAYS WEAR**

KT TAPE PRO

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**WATCH THE VIDEO**

kttape.com/instructions/bicep

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Discontinue use if skin becomes irritated or sore. Instructions provided are for educational use only. KT TAPE is not a replacement for professional medical care. Cancer patients should not use KT TAPE as it may interfere with treatment. Do not use on abdomen if pregnant. Warranties and remedies limited to product replacement cost. © 2011 Lumos, Inc. All rights Reserved.