



# HAMSTRINGS

## AVERAGE DAYS WEAR



## APPLICATION OVERVIEW

Strains involving micro-tears in the muscles, cramping, and tightness can be felt when the hamstrings are injured or not performing properly. Strains are not caused by contact, but by bursts of speed or an abrupt change in direction. Inadequate flexibility, muscle fatigue, poor form, and return to activity prior to complete healing of a prior injury are all potential causes of a hamstring injury. KT Tape can be used to relax the injured muscles and increase circulation to the area and can provide significant pain relief.

## 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

Place leg to be taped in a straight position while the other leg is brought forward with the knee bent.



## STRIP ONE



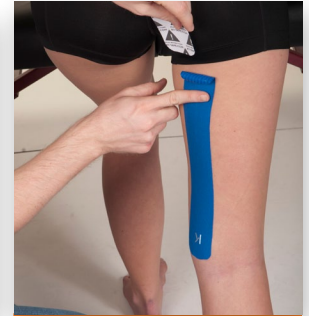
0% STRETCH

**ANCHOR:** one full strip of tape at base of hamstring just above bend in knee.



25% STRETCH

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



0% STRETCH

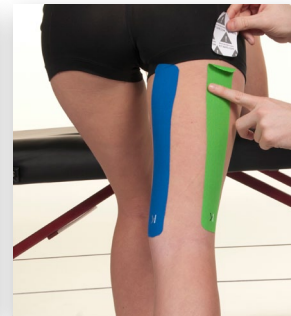
**FINISH:** Apply last two inches of tape without stretch.

## STRIP TWO



0% STRETCH

**ANCHOR:** one full strip of tape adjacent to the first strip of tape without stretch.



25% STRETCH

**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/hamstrings](http://kttape.com/instructions/hamstrings)