



HIP FLEXOR PAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Hip flexor pain is a relatively uncommon injury to the front of the hip that is more predominant in younger adults and females. However uncommon it may be, when one suffers from a hip flexor injury or strain, it can be very painful. The hip flexor muscles serve to flex the thigh and pull the knee upward. Causes of hip flexor pain may include uneven motions or training, running on hills or stairs, or abrupt starts and stops. KT Tape relaxes associated muscles, provides stability and support, and may increase circulation.

BEFORE YOU START

YOU WILL NEED

2 full strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

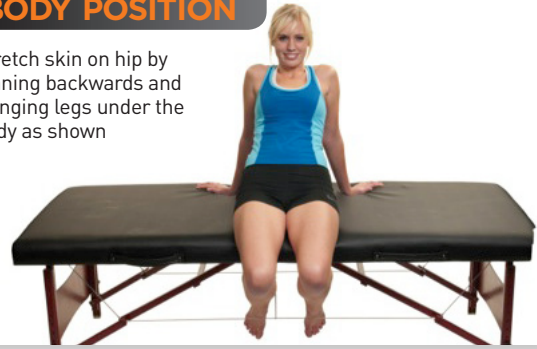
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

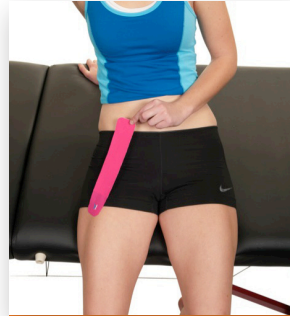
After application rub tape vigorously to activate adhesive

BODY POSITION

Stretch skin on hip by leaning backwards and bringing legs under the body as shown

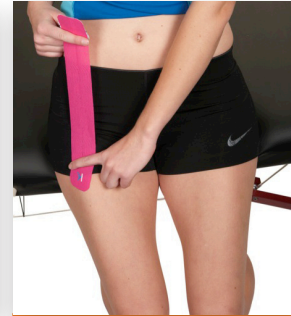


STRIP ONE



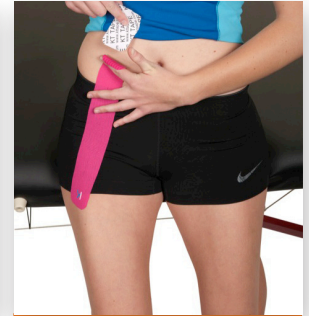
0% STRETCH

ANCHOR: full strip without stretch 3 inches below point of pain



25% STRETCH

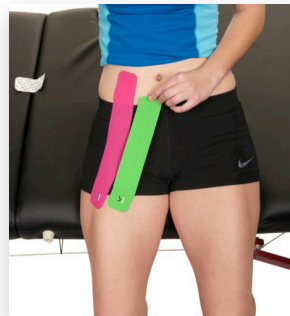
APPLY: lay tape diagonally toward hip over point of pain with 25% stretch



0% STRETCH

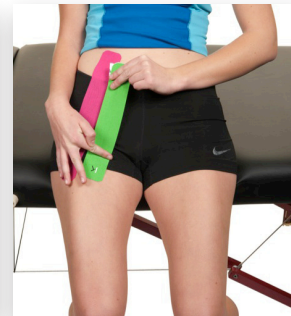
FINISH: apply last two inches without stretch on tape

STRIP TWO



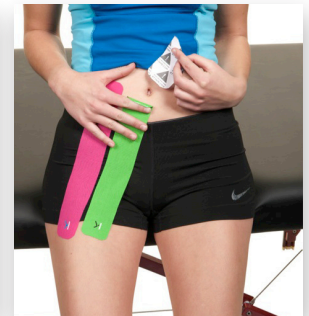
0% STRETCH

ANCHOR: full strip of tape inside the first strip as shown



25% STRETCH

APPLY: tape over point of pain with 25% stretch



0% STRETCH

FINISH: apply last two inches without stretch



WATCH THE VIDEO

kttape.com/instructions/hip-flexor