



GROIN STRAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

A groin strain is an injury to the adductor muscles that bring the leg back towards the body. Less severe strains pull the muscle beyond their normal range of motion and create incomplete micro-tears. More severe strains tear the muscle fibers in total and can even cause a complete tear of the muscle. KT Tape helps treat this condition by relaxing the muscles, providing support and stability, and increasing circulation.

BEFORE YOU START

YOU WILL NEED

2 full strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

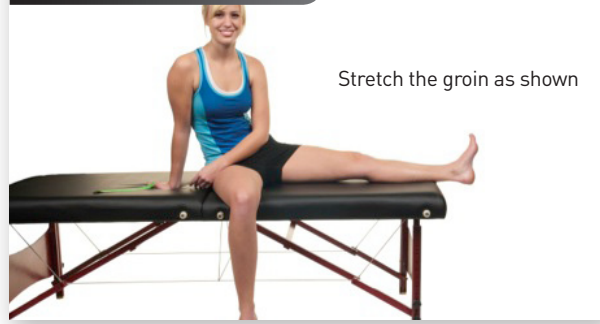
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



Stretch the groin as shown

STRIP ONE



25% STRETCH

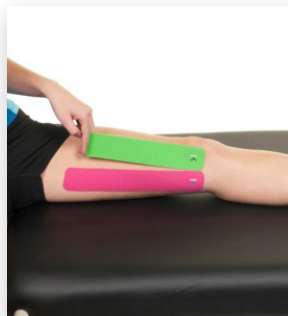
APPLY: anchor full strip of tape to the side of the knee on the inner muscles of leg as shown with no stretch and apply the tape towards groin with 25% stretch



0% STRETCH

FINISH: apply the last two inches of tape without stretch

STRIP TWO



25% STRETCH

APPLY: anchor a full strip parallel to the first strip as shown and apply the tape towards groin with 25% stretch



0% STRETCH

FINISH: apply last two inches of tape without stretch



WATCH THE VIDEO
kttape.com/instructions/groin