GROIN STRAIN

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

25% STRETCH

0% 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

FINISH: apply last two inches of tape without stretch

25% STRETCH

0% STRETCH

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

FINISH: apply last two inches of tape without stretch

WATCH THE VIDEO
kttape.com/instructions/groin

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.