



RIB PAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The ribs are the individual bones that form the rib cage. Potential causes of rib pain may include excessive strain, blunt force, or abrupt changes in direction. KT Tape helps treat the condition by relieving pressure and increasing circulation.

BEFORE YOU START

YOU WILL NEED

4 strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

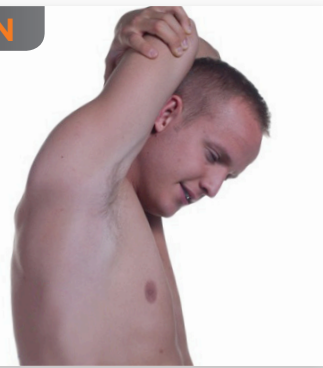
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION

Lift the arm over the head to stretch ribs.



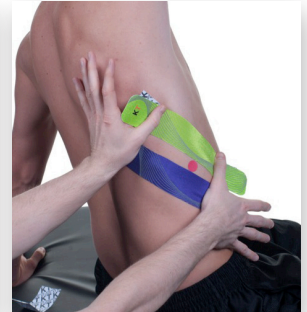
STRIP ONE



50% STRETCH

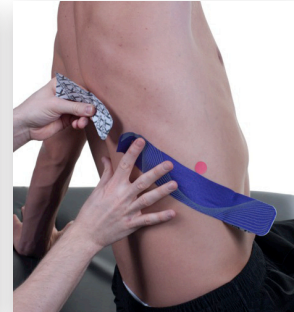
ANCHOR: middle of full strip of tape with 50% stretch below point of pain

STRIP TWO



50% STRETCH

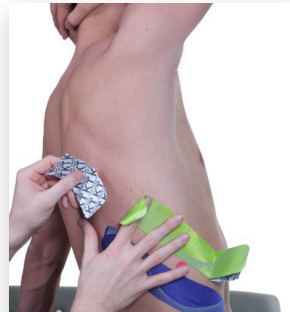
Anchor: middle of second full strip above point of pain, parallel to first strip, with 50% stretch



0% STRETCH

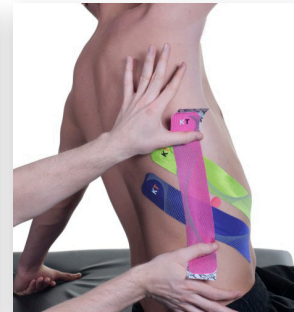
FINISH: apply last two inches of each end without stretch

STRIP THREE



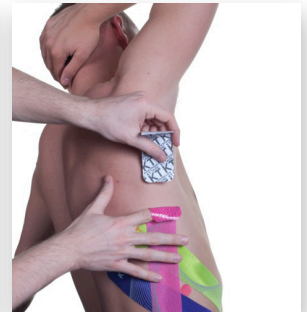
0% STRETCH

FINISH: apply last two inches of each end without stretch



0% STRETCH

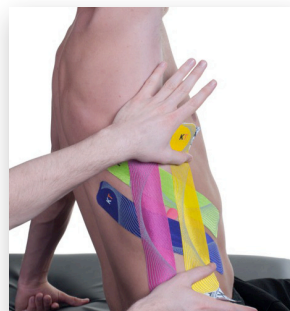
ANCHOR: middle of third full strip over first two strips with 50% stretch



0% STRETCH

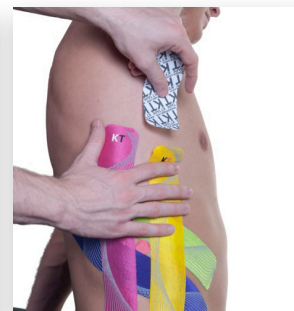
FINISH: apply last two inches of each end without stretch

STRIP FOUR



0% STRETCH

ANCHOR: middle of fourth full strip to form a box around the point of pain with 50% stretch



0% STRETCH

FINISH: apply last two inches of each end without stretch



WATCH THE VIDEO
kttape.com/instructions/ribs