



MIDDLE BACK

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Pain found in the middle of the back is generally the result of tired and overworked muscles due to poor posture, spinal misalignments, or strenuous activity. This can cause muscle imbalance, muscle fatigue, pain, and tears. Spasms can be associated with the pain and are primarily due to poor nutrient circulation to the nervous system. Use KT Tape to assist correct posture, relax overworked muscles, increase circulation, and promote the body's natural healing process.

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

Put the middle back on stretch by leaning comfortably over with both hands forward on a chair or table.



STRIP ONE



0% STRETCH

ANCHOR: one full strip of tape just below the area of pain, just off the spine.



25% STRETCH

APPLY: tape towards the top of the shoulders along the spine using 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 towards the top of the shoulders along the spine using 25% stretch.



0% STRETCH

FINISH: Apply last two inches of tape without stretch.



WATCH THE VIDEO

kttape.com/instructions/middle-back