SPINE PAIN

APPLICATION OVERVIEW
Disc pain can be caused by any number of conditions that affect the vital components of the spine. Discs can herniate and swell, slip away from their correct positioning between the bony vertebrae, or rupture. These issues cause pressure on the many nerves that leave the spine and make the simplest activities very painful. KT Tape reduces pressure over the area and increases circulation.

BEFORE YOU START

WHAT YOU NEED
2 full 10’ strips of KT Tape cut in half

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

WATCH THE VIDEO
kttape.com/instructions/spine

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.