

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

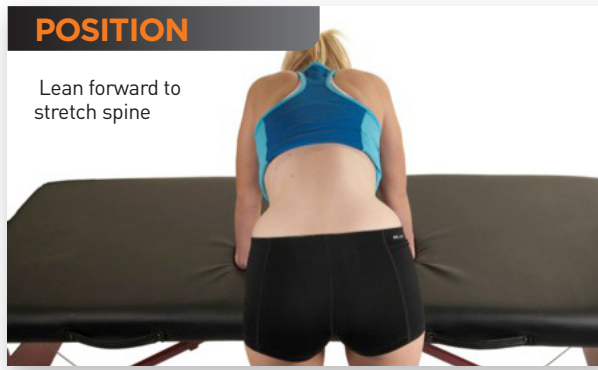
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

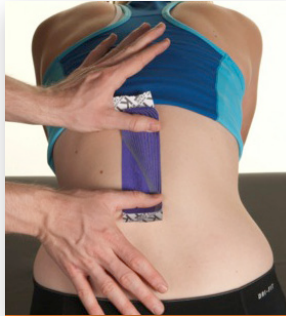
After application rub tape vigorously to activate adhesive

POSITION

Lean forward to stretch spine



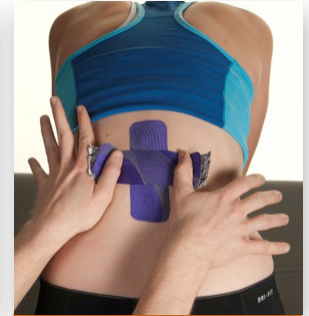
STRIP ONE



80% STRETCH

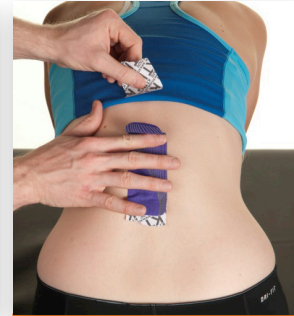
ANCHOR: middle of half strip of tape over point of pain with 80% stretch

STRIP TWO



80% STRETCH

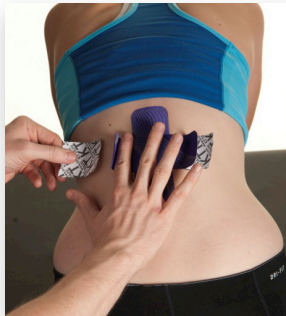
ANCHOR: middle of half strip of tape over point of pain with 80% stretch



0% STRETCH

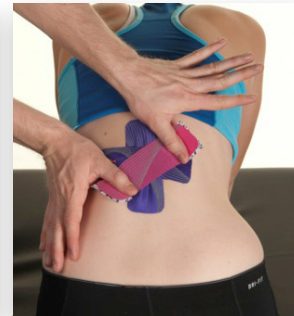
FINISH: apply ends of tape without stretch

STRIP THREE



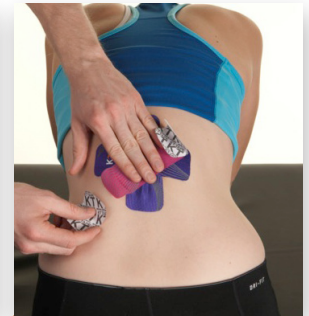
0% STRETCH

FINISH: apply ends of tape without stretch



80% STRETCH

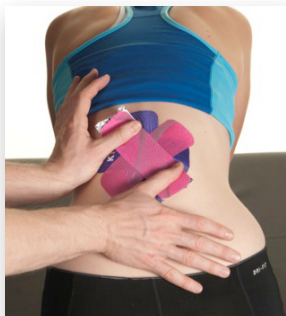
ANCHOR: middle of half strip of tape over point of pain with 80% stretch



0% STRETCH

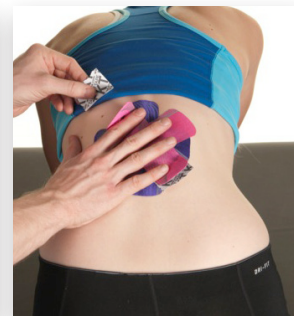
FINISH: apply ends of tape without stretch

STRIP FOUR



80% STRETCH

ANCHOR: middle of half strip of tape over point of pain with 80% stretch



0% STRETCH

FINISH: apply ends of tape without stretch



WATCH THE VIDEO
kttape.com/instructions/spine