

# LOW BACK PAIN (SI JOINT PAIN)

## APPLICATION OVERVIEW

Low back pain is often caused by complications arising from the SI Joint. Though the SI Joint is not the singular cause of low back pain, attention to the joint is important in assessing and treating the pain. Athletes from all sports and people from all walks of life experience problems with the SI Joint due to its pivotal position in the body. SI Joint pain may be caused by hip misalignments, pregnancy, poor posture, or sitting for long periods of time. KT Tape helps treat this condition by relieving pressure and inflammation around the area to reduce pain.

## WHAT YOU NEED

- 2 strips of KT TAPE
- 1 full 10' strip
- 1 full 10' strip cut in half

## BEFORE YOU START

### APPLY BEFORE ACTIVITY.

Apply one hour before beginning activity

### CLEAN SKIN

Clean dirt, oils and lotions from area.

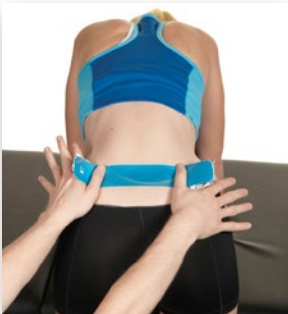
### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

## BODY POSITION

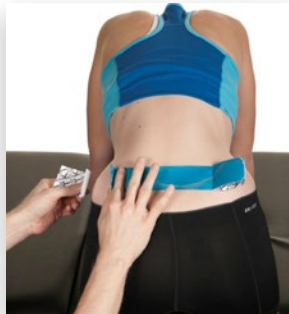


### STRIP ONE



**80% STRETCH**

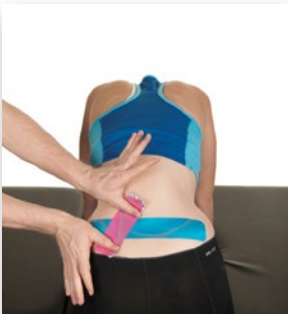
**ANCHOR:** the middle of a full strip of tape over the point of pain



**0% STRETCH**

**FINISH:** Lay ends down without stretch

### STRIP TWO



**80% STRETCH**

**ANCHOR:** the middle of a half strip at a diagonal over the point of pain

**FINISH:** Lay ends of tape down without stretch

### STRIP THREE



**80% STRETCH**

**ANCHOR:** the middle of another half strip over the first strip as shown

**FINISH:** Lay ends of tape down without stretch

