

APPLICATION OVERVIEW

Tricep injuries include muscle pain and weakness. Cause of pain may include overuse, landing on an outstretched arm, or muscular imbalance. KT Tape helps support the muscle by assisting function through support, reduction of pressure, and increasing circulation.

WHAT YOU NEED

1 strip of KT TAPE

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

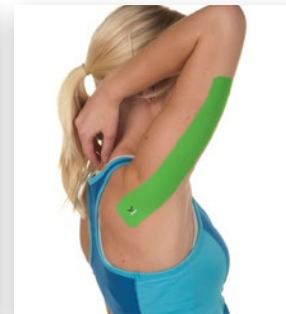
Reach behind the shoulders, stretching the tricep.

STRIP ONE**0% STRETCH**

ANCHOR: Anchor a full strip on the upper tricep two inches from the base of the arm.

**25% STRETCH**

APPLY: Apply the tape along the tricep with 25% stretch.

**0% STRETCH**

FINISH: Lay the last two inches of tape down without stretch.



Prior to movement of body part, rub the application to create heat, which activates the adhesive.