



BICEP PAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The bicep muscles and tendons run along the front of your arm and to the front of the shoulder. These muscles are responsible for "curling" motions and raising your arm in front of you. Causes of bicep pain may include tears and strains to the muscle or nerve, ligament, or tendon damage. KT Tape relieves pressure, supports the muscle, and may increase circulation to reduce pain.

BEFORE YOU START

YOU WILL NEED

1 strip of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

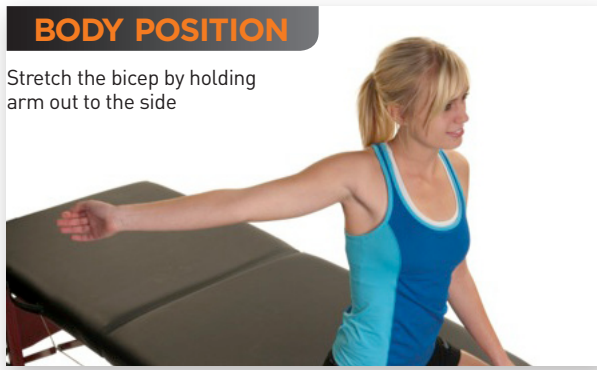
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

BODY POSITION

Stretch the bicep by holding arm out to the side



STRIP ONE



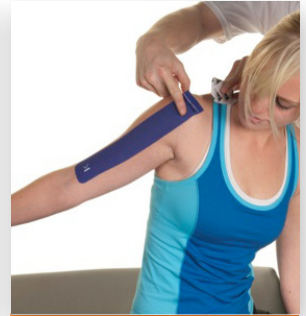
0% STRETCH

ANCHOR: full strip one inch above the inner elbow without stretch



25% STRETCH

APPLY: tape along the bicep with 25% stretch



0% STRETCH

FINISH: lay the last two inches down without stretch



WATCH THE VIDEO

kttape.com/instructions/bicep