



# LOW BACK PAIN

## AVERAGE DAYS WEAR



## APPLICATION OVERVIEW

Pain in the low back can be a very complicated problem. Low back pain can be caused by hip misalignments, sitting or standing for long periods of time, overuse, or blunt force trauma. KT Tape helps treat this condition by relieving pressure and providing support for the back.

### BEFORE YOU START

#### YOU WILL NEED

2 strips of KT TAPE

#### APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

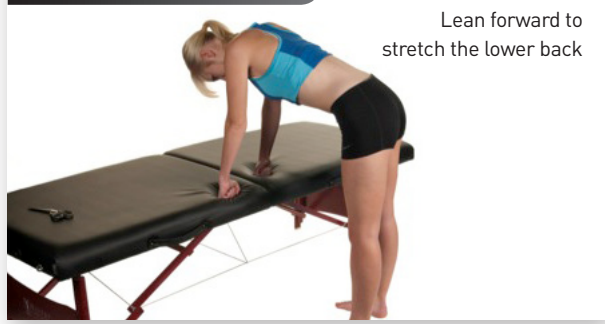
#### CLEAN SKIN

Clean dirt, oils and lotions from area

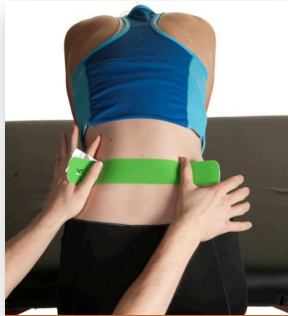
#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

### BODY POSITION

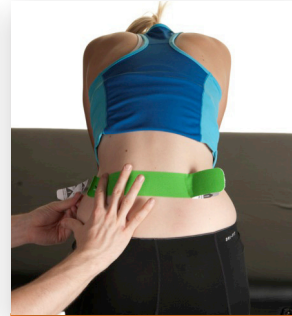


### STRIP ONE



**80% STRETCH**

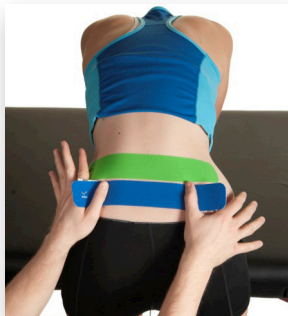
**ANCHOR:** middle of full strip of tape over point of pain with 80% stretch



**0% STRETCH**

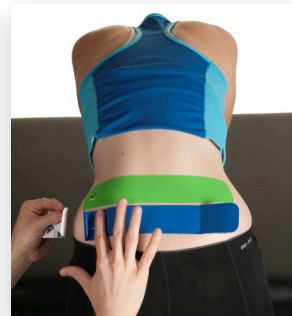
**FINISH:** lay ends down without stretch

### STRIP TWO



**80% STRETCH**

**ANCHOR:** middle of second full strip under the first strip with 80% stretch



**0% STRETCH**

**FINISH:** apply ends of tape without stretch



**WATCH THE VIDEO**

[kttape.com/instructions/low-back](http://kttape.com/instructions/low-back)