



# KT TAPE Scan For Other Languages User Guide

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KT TAPE Scan For Other  
Languages User Guide



## NEW USER GUIDE



SCAN FOR OTHER LANGUAGES

**TIPS FOR BEST RESULTS**



## APPLY BEFORE ACTIVITY

Apply tape one hour before beginning activity for best adhesion.



## TRIM HAIR

Trim excessive hair for better adhesion.



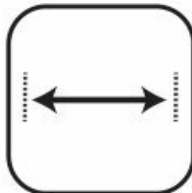
## CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol.



## DON'T RIP OFF!

Gently remove tape from skin, use baby oil if necessary and remove slowly.



## DON'T OVERSTRETCH





Overstretching tape may result in skin irritation and/or abrasions.






## END ON SKIN, NOT ON TAPE

Apply directly to skin when possible, especially the ends.

## HOW TO CHOOSE KT TAPE FOR EVERY MOMENT

KEY BENEFIT	PRODUCT NAME	LIGHT ACTIVITY	Moderate Activity	Intense Activity
 DESIGNED FOR SENSITIVE SKIN	<b>GENTLE</b>	<div></div>	<div></div>	<div></div>
 ALL-NATURAL COTTON	<b>COTTON</b>	<div></div>	<div></div>	<div></div>
 BREATHABILITY	<b>PRO<sup>®</sup></b>	<div></div>	<div></div>	<div></div>
 COOLING MENTHOL	<b>PRO ICE™</b>	<div></div>	<div></div>	<div></div>

KEY BENEFIT	PRODUCT NAME	LIGHT ACTIVITY	Moderate Activity	Intense Activity
 LARGE AREAS	<b>PRO<sup>®</sup> WIDE</b>	<div></div>	<div></div>	<div></div>
 FOR HUMID CONDITIONS	<b>PRO EXTREME<sup>®</sup></b>	<div></div>	<div></div>	<div></div>
 INCREASED CELLULAR OXYGENATION**	<b>PRO<sup>®</sup> OXYGEN</b>	<div></div>	<div></div>	<div></div>



## **PREPARE**

Trust KT to get you ready for your next goal.

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## **PERFORM**

Confidence so you can be at your best.

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## **RECOVER**

Amplify your recovery and be ready for what's next.

### **TRUSTED KT PRODUCTS**

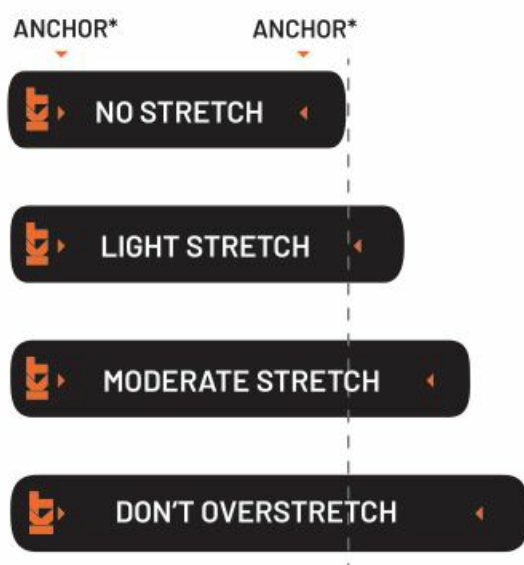
Prepare, Perform, Recover, Repeat.

	PREPARE	PERFORM	RECOVER
Kinesiology Tape	✓	✓	✓
Creams/Gels	✓	✓	✓
Blister Relief	✓	✓	✓
Chafing Relief	✓	✓	
Ice/Heat		✓	✓

VIEW ALL PRODUCTS [@KTTAPE.COM](https://www.kttape.com)

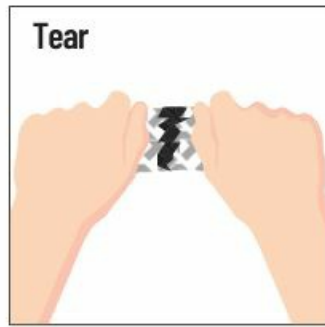
**CAUTION:** Improper application, overstretching, or applying on areas of sensitive skin, and improper or quick removal may result in skin irritation, blisters or skin abrasion. In rare cases, a user may experience a burning or stinging sensation which may indicate a mild allergic skin reaction. Do not place KT TAPE® directly over cuts or open wounds. One or more of the components of this product is a dyed material. There is a possibility that some color migration may occur during use. Instructions provided are for educational use only. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.

## STRETCHING GUIDE AND INDICATOR

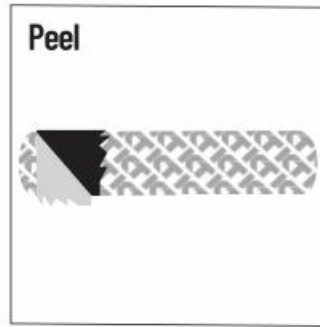


\*Anchor indicators not displayed on all tape products.

## 1) HOW TO REMOVE PAPER BACKING – END

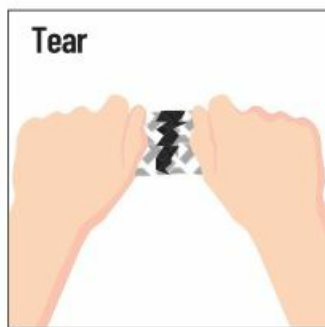


Twist and pull to tear paper 2" from the end.

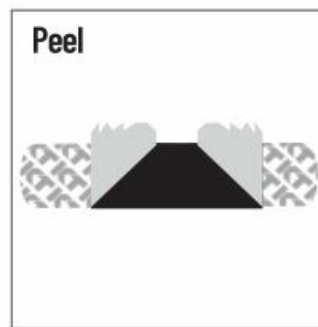


Remove the 2" of paper from end.

## HOW TO REMOVE PAPER BACKING – MIDDLE

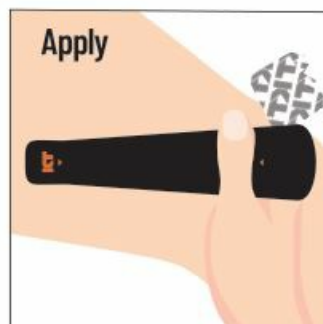


Twist and pull to tear paper in the center.







Peel paper leaving 2" of paper on both sides for handling.

## 2) HOW TO APPLY TAPE – END



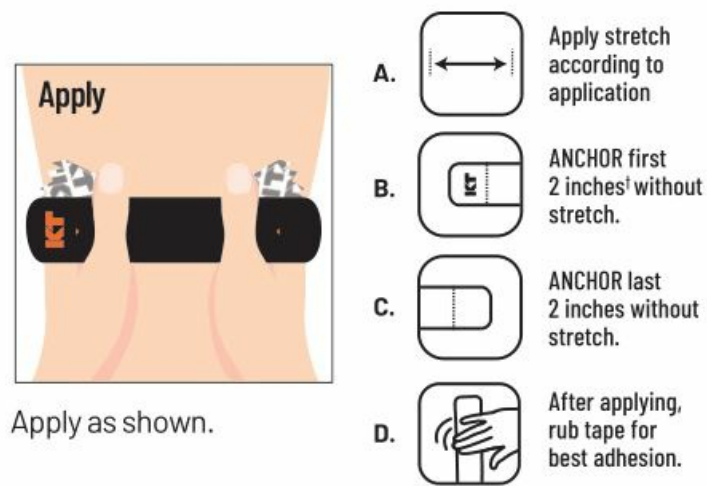
Apply as shown.

- A.  ANCHOR first 2 inches† without stretch.
- B.  Apply stretch according to application
- C.  ANCHOR last 2 inches without stretch.
- D.  After applying, rub tape for best adhesion.

Apply as needed. Can be worn up to 7 days.

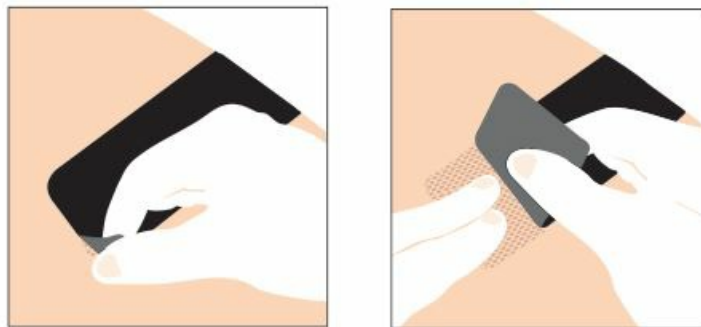
†Use 1 inch anchors for half strips.

## HOW TO APPLY TAPE – MIDDLE



Read all cautions on box.

### 3) HOW TO REMOVE TAPE



Begin by peeling tape up at a corner. Hold skin down where tape is being pulled off with one hand while gently pulling tape off with the other hand. Remove slowly.

See instructions for strong adhesive tape removal on our website

### WATCH OUR STEP-BY-STEP VIDEOS



[KTTAPE.COM/INSTRUCTIONS](https://kttape.com/instructions)  
[KTTAPE.COM](https://kttape.com)



## Contents

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### Resources

#### 1.1 References

## Documents / Resources



### [KT TAPE Scan For Other Languages](#) [pdf] User Guide

Scan For Other Languages, Scan For Other Languages, Other Languages, Languages

## References

- [KT Tape Official Site | Therapeutic Kinesiology Tape](#)
- [Domain Available for Lease – \\$9,600 USD per month](#)
- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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