

RIBS

AVERAGE DAYS WEAR

KT TAPE 
PRO 

APPLICATION OVERVIEW

The ribs are the individual bones that form the rib cage. Potential causes of rib pain may include excessive strain, blunt force, or abrupt changes in direction. KT Tape helps treat the condition by relieving pressure and increasing circulation.

WHAT YOU NEED

4 strips 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

Lift the arm over the head to stretch ribs.

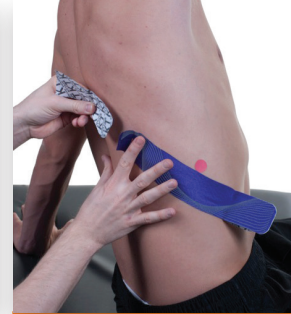


STRIP ONE



50% STRETCH

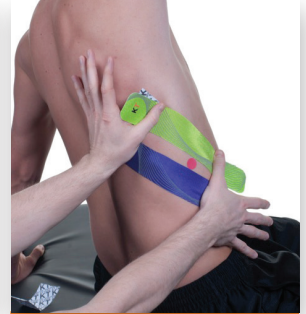
ANCHOR: Anchor the middle of a full strip of tape with 50% stretch below the point of pain.



0% STRETCH

FINISH: Apply the last two inches of each end without stretch.

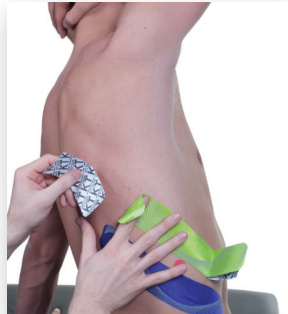
STRIP TWO



50% STRETCH

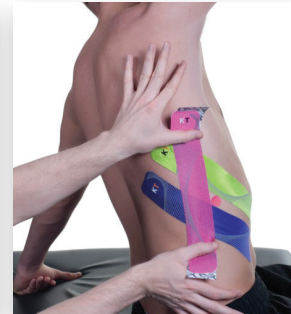
Anchor: Anchor the middle of a second full strip above the point of pain, parallel to first strip, with 50% stretch.

STRIP THREE



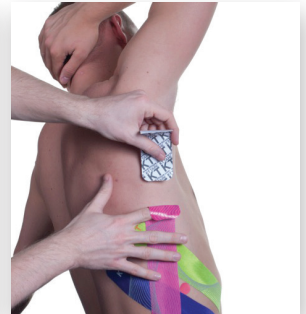
0% STRETCH

FINISH: Apply the last two inches of each end without stretch.



0% STRETCH

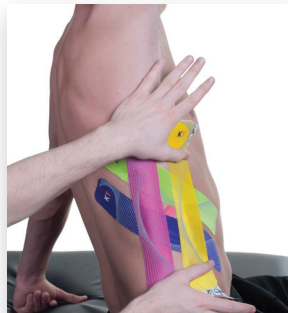
ANCHOR: Anchor the middle of a third full strip over the first two strips with 50% stretch.



0% STRETCH

FINISH: Apply the last two inches of each end without stretch.

STRIP FOUR



0% STRETCH

ANCHOR: Anchor the middle of fourth full strip to form a box around the point of pain with 50% stretch.



0% STRETCH

FINISH: Apply the last two inches of each end without stretch.



WATCH THE VIDEO

kttape.com/instructions/ribs