



TENNIS ELBOW

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Tennis Elbow is the inflammation of the outside portion of the elbow resulting in soreness and tenderness. Causes of tennis elbow may include overuse, racquet sports, or gripping objects too tightly. KT Tape helps treat this condition by relieving pressure, relaxing associated muscles, and increasing circulation.

BEFORE YOU START

WHAT YOU NEED

- 2 strips of KT TAPE
- 1 full 10' strip
- 1 full 10' strip cut in half

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

Bend elbow at 90 degrees in front of body



STRIP ONE



80% STRETCH

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



0% STRETCH

APPLY: lay ends of tape down without stretch

STRIP TWO



80% STRETCH

ANCHOR: middle of second half strip in an X pattern over first strip with 80% stretch



0% STRETCH

APPLY: lay ends of tape down without stretch

STRIP THREE



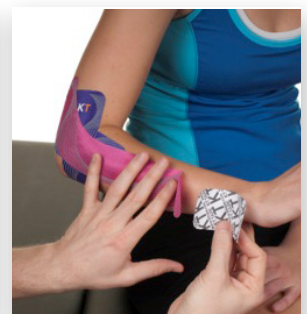
0% STRETCH

ANCHOR: full strip on upper arm an inch above the X pattern



25% STRETCH

APPLY: tape around elbow over point of pain toward the forearm with 25% stretch



0% STRETCH

FINISH: apply last two inches of tape without stretch



WATCH THE VIDEO

kttape.com/instructions/tennis-elbow