



IT BAND PAIN - HIP

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The IT Band, or iliotibial band, is a thick band of fibrous tissue that runs down the outside of the leg. The iliotibial band begins at the hip and extends to the outer side of the shin (tibia) just below the outside of the knee joint. The band functions in coordination with several of the thigh muscles to provide stability to the outside of the knee. Pain may be caused by overuse, training on hills or stairs, muscle imbalances, and over pronation of the foot. This application of KT Tape helps treat this condition by decreasing pressure to reduce pain.

BEFORE YOU START

YOU WILL NEED

2 full 10' strips of KT Tape cut in half

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

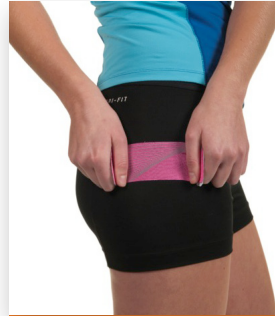
After application rub tape vigorously to activate adhesive

BODY POSITION

Flex hip by shifting it outward



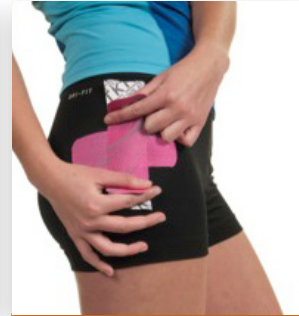
STRIP ONE



80% STRETCH

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

STRIP TWO



80% STRETCH

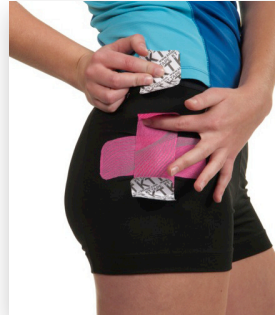
APPLY: middle of another half strip with 80% stretch across last strip



0% STRETCH

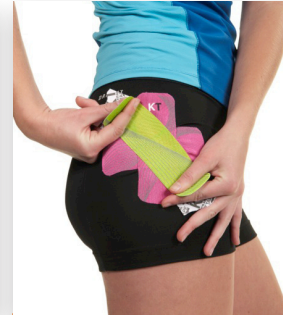
FINISH: lay down ends without stretch

STRIP THREE



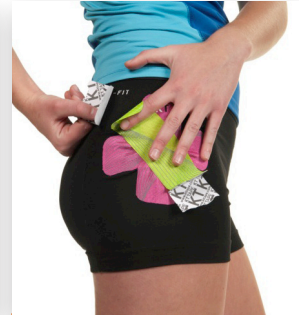
0% STRETCH

FINISH: lay down ends without stretch



80% STRETCH

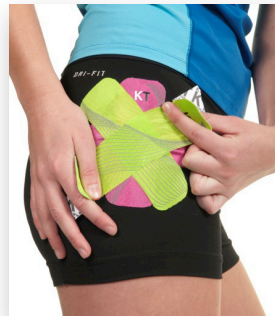
APPLY: middle of another half strip with 80% stretch across the last two



0% STRETCH

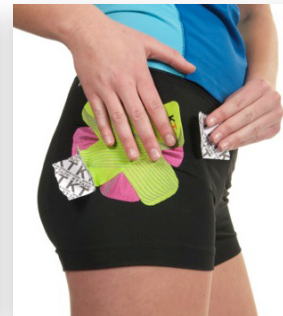
FINISH: lay down the ends of tape with no stretch

STRIP FOUR



80% STRETCH

APPLY: middle of another half strip with 80% stretch across the last strip



0% STRETCH

FINISH: lay down the ends with no stretch



WATCH THE VIDEO

kttape.com/instructions/it-band-hip