

PERFORMANCE MEETS SCIENCE™



Tape IT BAND

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1 Place the knee at a 90-degree angle.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip



2

Anchor middle portion of half-strip with 90% over most intense point of pain.



3

Lay each end down with no stretch.



4

Repeat for second half-strip to form "X" over most intense point of pain.



5

Anchor full-strip with no stretch on side of leg with enough length to reach knee.



6

Apply with 25% stretch along side of leg and over side of knee.



7

Lay end down with no stretch.



8

Rub application well to securely fix all edges to skin.