

## Taping posterior thigh (Hamstring taping)

KActive



[Directly to hamstring taping guide](#)

### Main application area

Strained hamstring  
Muscle hardening  
Sore muscles

### What you need

2 tape strips:  
1 x tape (black) -> approx. 40 cm  
**Variant 2:**  
2 x Tape (blau) -> ca. 30-40 cm

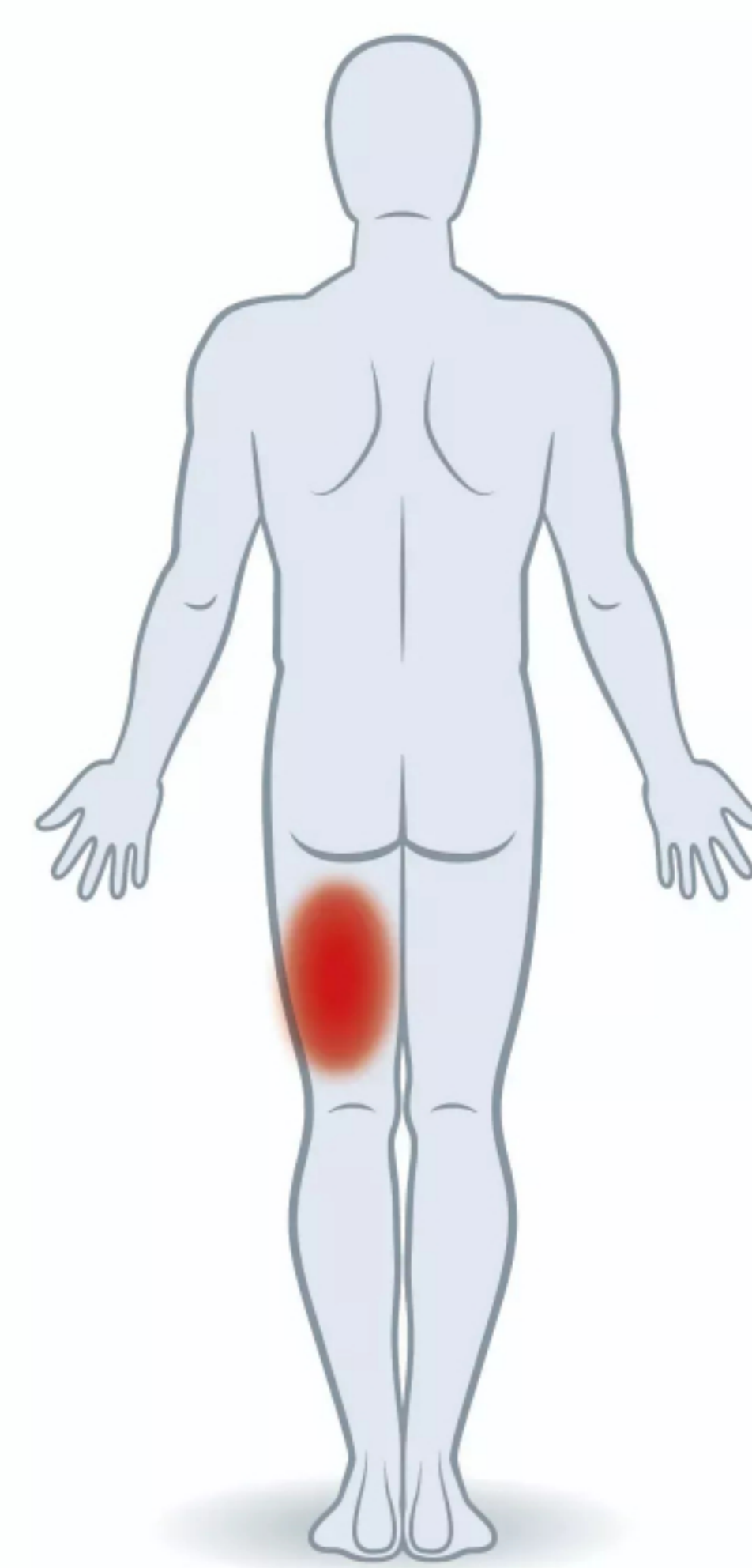
### Duration of application

Up to 7 days

\* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

### Pain in the back of the thigh (hamstring pain)

Pain in the back of the thigh, also known as **hamstring pain**, is a common problem that can affect people of all ages. The hamstring muscles consist of three main muscles that enable movements such as bending the knee and extending the hip. Causes of hamstring pain are varied and can include muscle strains, overuse from sports activities, tendonitis and injuries such as muscle fiber tears. Symptoms often include pain in the back of the thigh, which can radiate to the buttocks or the back of the knee, as well as stiffness and limited mobility.



### Information

#### General information on the hamstring

The hamstrings are a **group of three muscles on the back of the thigh**, consisting of the biceps femoris muscle, the semitendinosus muscle and the semimembranosus muscle. The interaction of these muscles is responsible for flexing the knee and extending the hip and play an essential role in activities such as running and jumping. The hamstrings connect the pelvis to the lower leg and are surrounded by a strong tendon and ligament structure that ensures stability and flexibility. Well-trained and stretched hamstring muscles are crucial for preventing injury and maintaining leg mobility and strength.

#### Causes of pain in the back of the thigh (hamstring pain)

Back thigh pain can be caused by a variety of factors that affect the soft tissues and muscles of the back of the thigh. Here are some of the most common causes:

- **Muscle overuse and strain:** Intense physical activity or repetitive movements, such as in certain sports or work, can lead to overuse and strain of the hamstring muscles. This overuse causes pain and can impair mobility.
- **Injuries:** Sudden movements or falls can lead to acute injuries to the hamstrings, such as muscle tears or strains. These injuries often occur in sports that require quick sprints or abrupt stops.
- **Muscular imbalances:** Uneven loading of the leg muscles, often due to inadequate training or uneven muscle development, can lead to tension and pain in the hamstrings.
- **Nerve irritation:** Pinched or irritated nerves, such as the sciatic nerve, can cause severe radiating pain along the hamstrings. This pain is often aggravated by movement or pressure on the affected area.
- **Lack of flexibility:** Insufficient stretching and flexibility of the hamstring muscles can lead to tension and pain, especially during sudden or intense movements.
- **Overuse:** Long-term, repetitive strain without sufficient recovery periods can cause chronic pain and inflammation in the hamstrings.

#### How does K-Active Tape help for hamstring pain?

K-Active Tape provides targeted support for hamstring pain by stabilizing and relieving the affected area. The elastic properties of the tape allow it to adapt to the movements of the muscles without restricting freedom of movement. This supports the muscles and reduces the strain on the hamstrings. The gentle lifting of the skin by the tape promotes blood circulation and lymph flow, which reduces swelling and inflammation. At the same time, the tape stimulates the sensory receptors, which helps to reduce the perception of pain. This multifunctional effect of K-Active tape helps to speed up the healing process and prevent re-injury.

### Taping hamstring- Tips



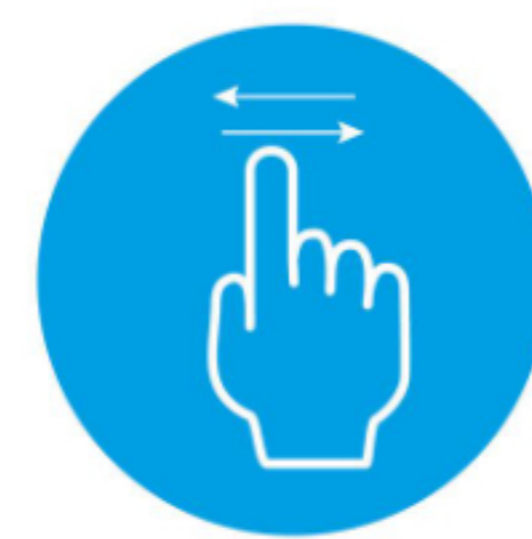
Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

### Step by step tape tutorial

[Download instruction](#)

#### Variant 1

Tape application on the hamstring with Y-shaped tape



⇒ 1.

Measure the length of the tape strip by holding the tape from the underside of the knee to the back of the thigh.



⇒ 2.

Apply the base of the tape strip **without tension (0% stretch)** just below the knee (patella).



⇒ 3.

Slowly peel off the protective paper on both sides of the tape while **pulling the tape slightly (10-15% stretch)** backwards and upwards towards the back of the thigh.



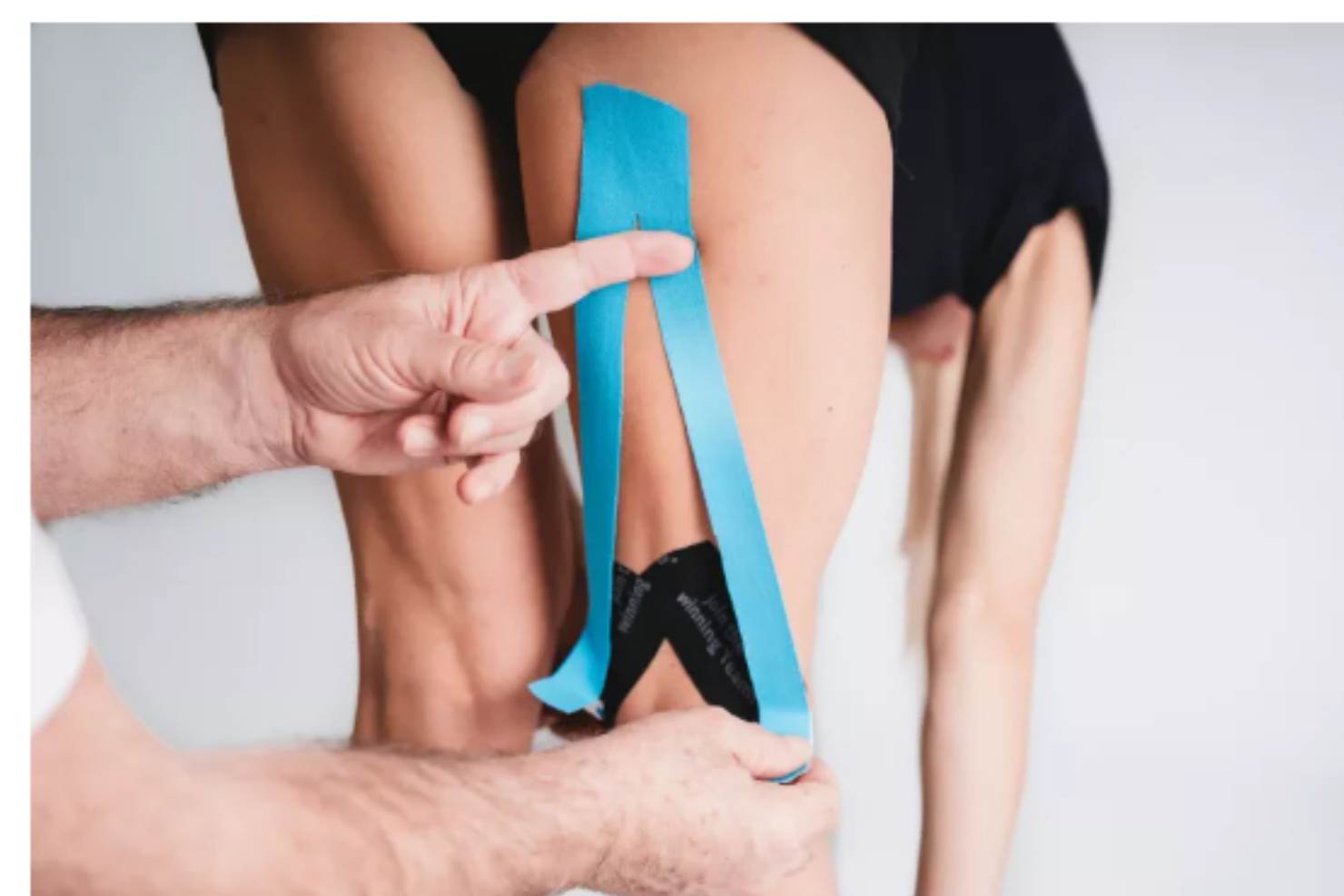
⇒ 4.

Tape both ends of the tape at the level of the lower third of the back of the thigh.



⇒ 5.

Now apply the base of the blue tape strip below the large gluteal muscle.



⇒ 6.

While bending forward, apply the first rein of the tape **without tension (0% stretch)** along the back of the thigh.



⇒ 7.

Apply the second rein in the same way.



⇒ 8.

Now smooth everything out again and activate..



⇒ 9.

👌 The application on the hamstring is complete.

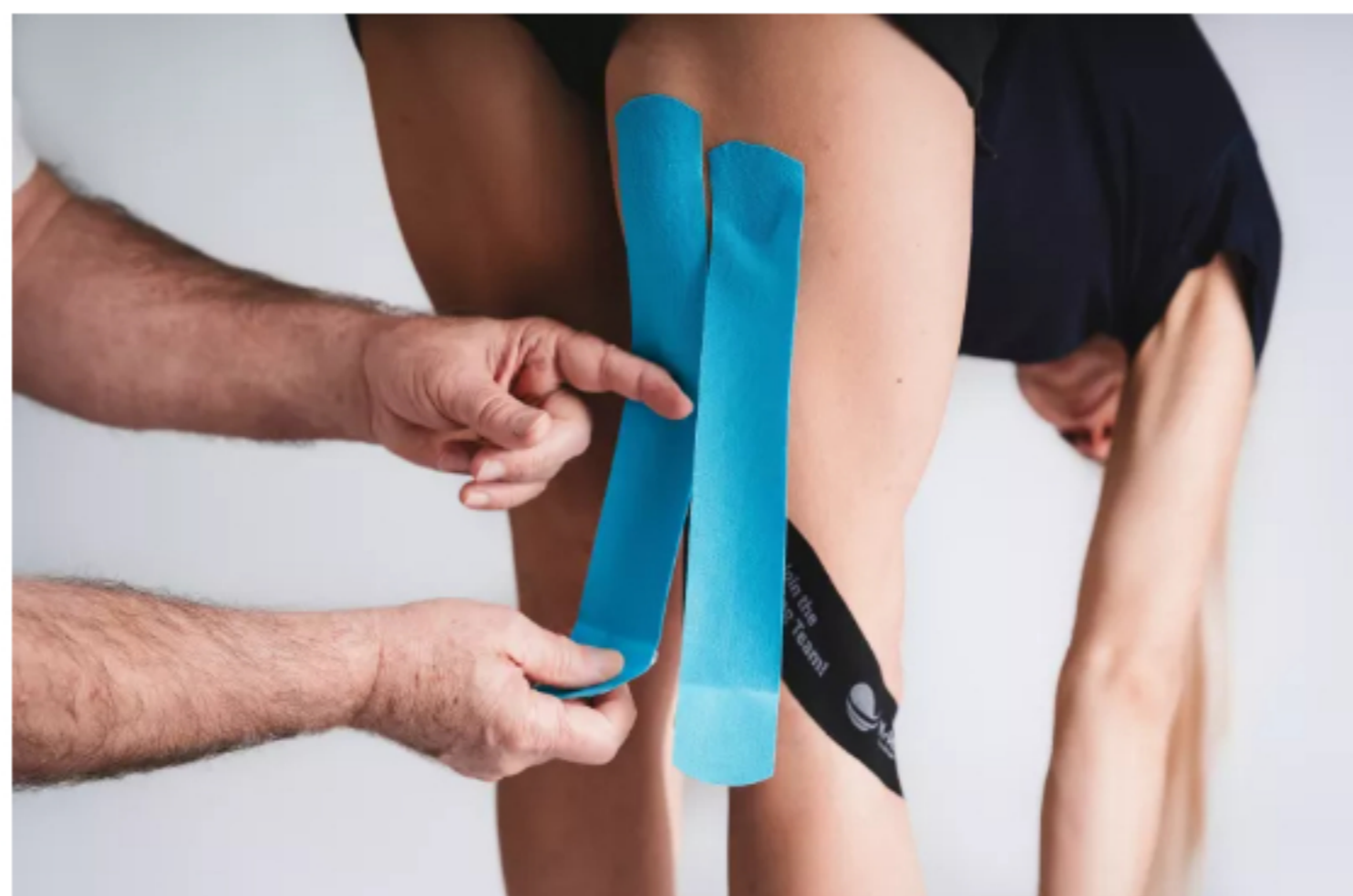
#### Variant 2

Tape application on the hamstring with two strips of tape



⇒ 4.

Carry out steps 1 - 4 as before. Then tape the base of both tape strips underneath the gluteal muscle.



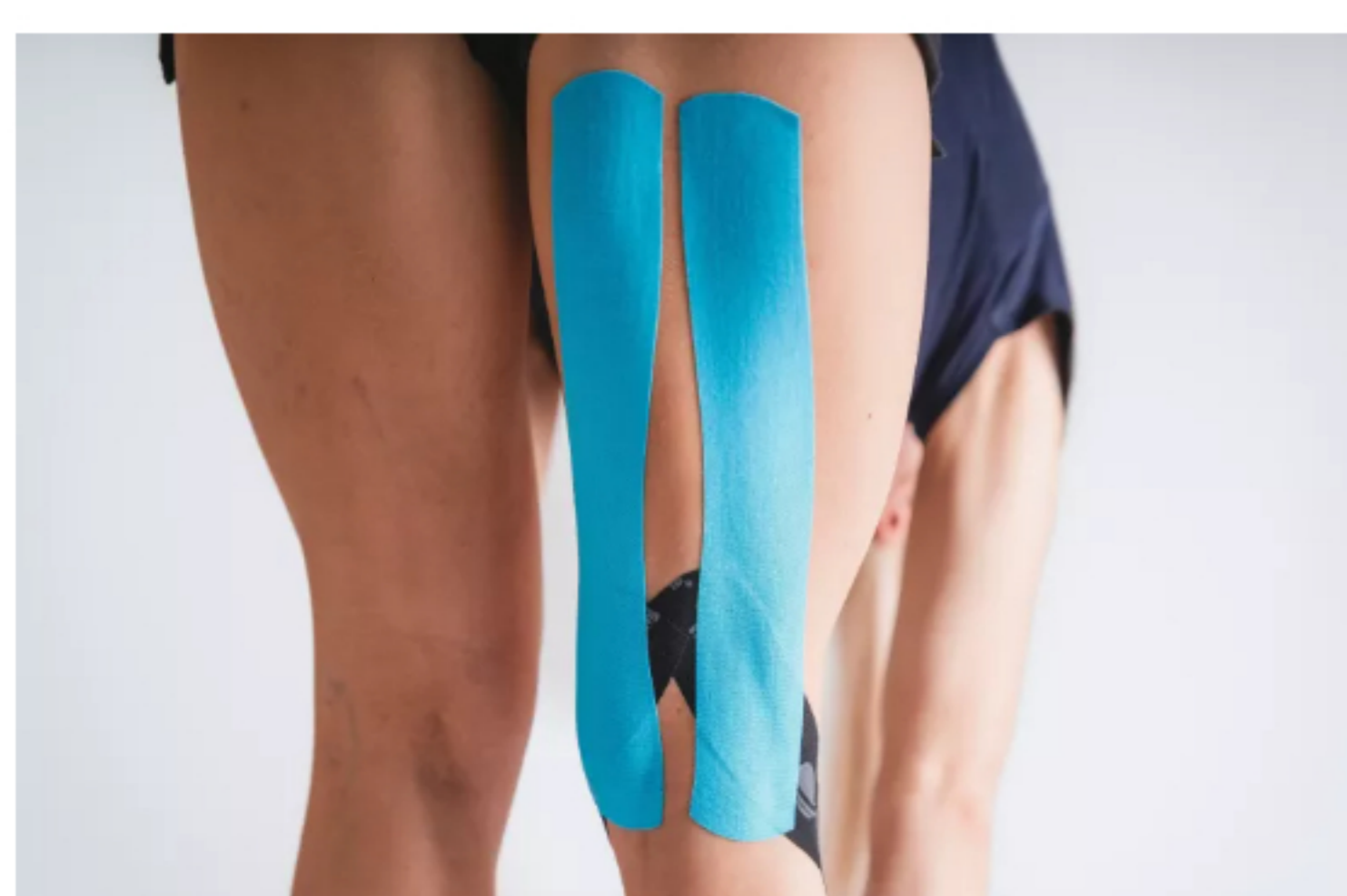
⇒ 5.

While bending forward, first apply the left strip of tape along the thigh **without stretch (0%)**.



⇒ 6.

Apply the right tape in the same way



⇒ 4.

To activate the tape and improve adhesion, stroke over the two tapes again.



⇒ 5.

👌 Variant 2 for applying tape to the back of the thigh is finished..