

[Directly to the instructions for back taping against spinal pain](#)

Main application area

Muscle tension
Improvement of posture

What you need

1 tape strip:
1 x y-shaped tape (blue)

Duration of application

Up to 7 days

Spine pain

Pain in the spine can be manifold by nature and occur in different areas of the spine. They may appear as **dull, stabbing, pulling, burning or pulsating pain**. Spinal pain can be acute, sudden, or chronic, long-lasting. **Acute pain** is often due to injury or strain, while **chronic pain** is related to underlying conditions such as osteoarthritis or disc problems.



Information

General information

The spine, also called **backbone** or **spinal cord**, is an important anatomical structure of the human body. It extends from the base of the skull to the coccyx and forms the framework that supports our body and allows us to stand upright. The spine is divided into the cervical spine (neck), the thoracic spine (chest) and the lumbar spine (lower back), the sacrum and the coccyx. These sections are separated by intervertebral discs and surrounded by numerous muscles, ligaments and nerves.

Causes

Pain in the spine can be caused by factors:

- **Muscle tension:** Excessive exertion, stress or unfavorable movements can cause muscle tension around the spine.
- **Bad posture:** A long-term bad posture can strain the spine and cause pain.
- **Injuries:** Injuries to the spine can occur from accidents, falls or sudden movements and cause acute pain.
- **Inflammation:** Inflammatory diseases (spondylitis, intervertebral disc inflammation) can lead to chronic pain in the spine.
- **Osteoarthritis:** Chronic back pain can be caused by osteoarthritis (degenerative changes of the spine).
- **Nerve compression:** Pinched or irritated nerves in the spine can cause pain, numbness and tingling.

How does K-Active Tape help against pain in the spine?

The long back application with the K-Active Tape can be an effective method to promote back health and relieve pain in the spine. The tape can be applied over a wide area of the spine and provides comprehensive support. This can increase the stability of the spine, which helps to reduce the strain on the affected areas and promotes the correct alignment of the spine.

Taping back long application - Tips



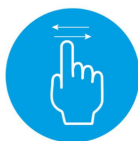
Apply before activity



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](#)



→ 1.

Start by attaching the base of the blue tape to your lower back. Apply a light correction technique that crosses up to the scapula to support an erection.



→ 2.

Apply a light correction technique that crosses up to the scapula to support an erection. To do this, peel off the release paper piece by piece and attach the tape to the neck for the time being, without permanently sticking it.



→ 3.

Now bend the upper body forward (pre-stretch) and fasten the first rein of the tape.



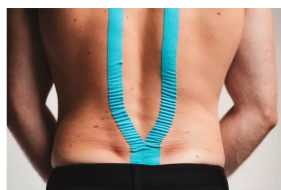
→ 4.

Repeat the application on the other side.



→ 5.

To activate the tape, rub over the entire application again.



→ 6.

• The long back application for erecting the back is finished.