

Hip taping

K-Active



[Directly to hip taping guide](#)

Main application area

Bursitis of the hip (trochanteric bursitis)
IT band syndrome
Hip stabilization after operations

What you need

3 tape strips:
1 x tape (pink) -> approx. 20 - 25 cm
2 x tape (black) -> approx. 20 - 25 cm

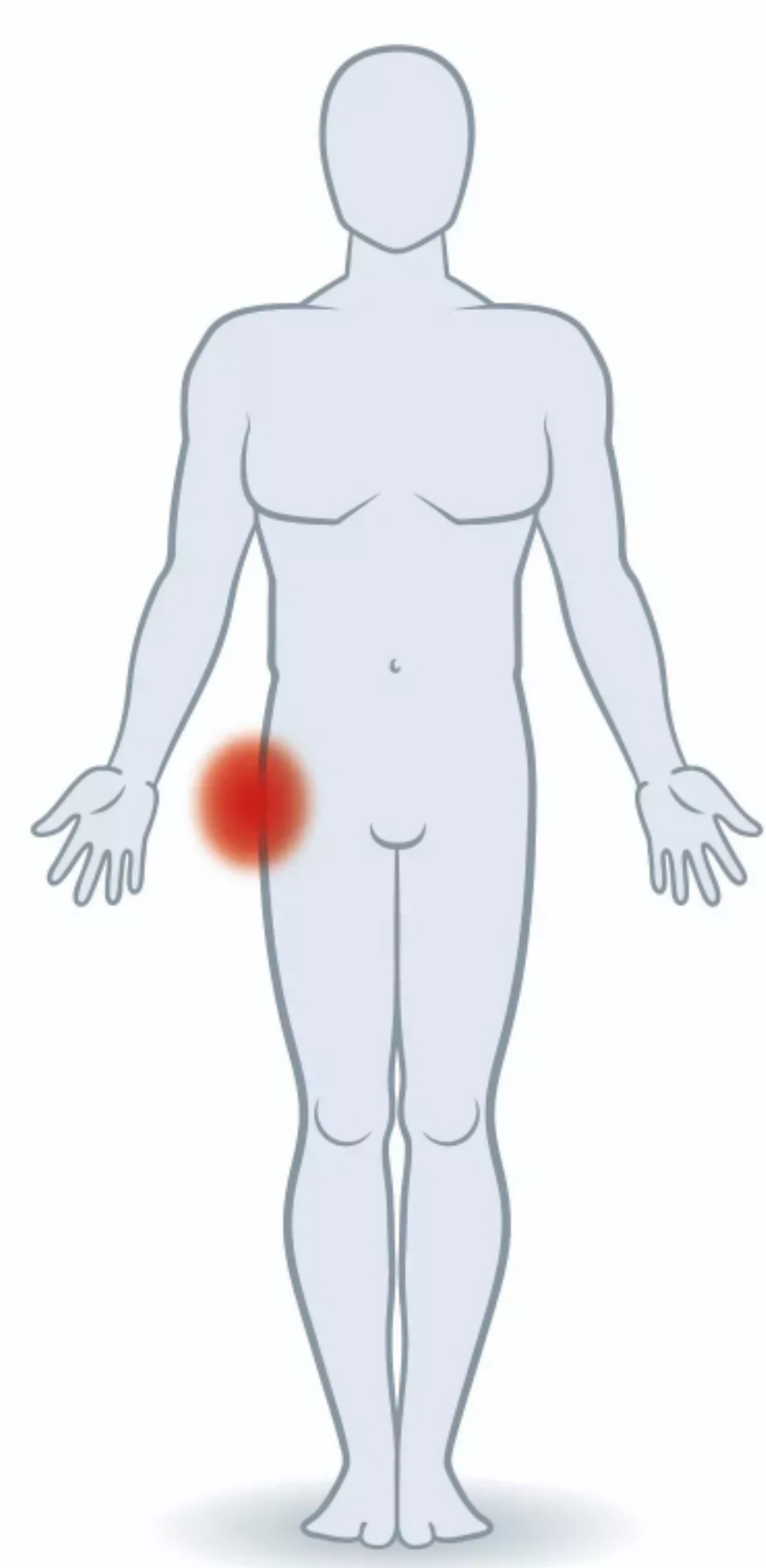
Duration of application

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.

Hip pain

Hip pain is a common problem that can affect people of all ages. The hip is a complex joint that enables movements such as walking, running and jumping. Causes of hip pain are varied and can include muscle strain, arthritis, bursitis (inflammation of the bursa), tendonitis and injuries such as fractures or dislocations. Symptoms often include pain in the hip region, which can radiate to the buttock, thigh or knee, as well as stiffness and limited mobility.



Information

General information about the hip

The hip is a central joint of the human body that connects the thigh bone (femur) to the pelvis. It is a ball-and-socket joint that allows a wide range of movement, including bending, stretching, turning and spreading the legs. This freedom of movement is essential for everyday activities such as walking, running and jumping. The hip is stabilized by a strong muscle and ligament structure that ensures mobility and resilience of the joint.

Causes of hip pain

Hip pain can be triggered by various factors that affect the soft tissues and bony structures of the hip. Here are some of the most common causes:

- **Muscle and tendon overuse:** Intense physical activity or repetitive movements, such as in certain sports or work, can lead to overuse and strains of the hip muscles and tendons. This overuse causes pain and can impair mobility.
- **Osteoarthritis:** This degenerative joint disease leads to a breakdown of the joint cartilage, which causes pain and stiffness in the hip. Osteoarthritis is one of the most common causes of chronic hip pain in older adults.
- **Bursitis:** Inflammation of the bursa, which acts as a buffer between bones, muscles and tendons, can cause severe pain on the outside of the hip.
- **Nerve irritation:** Pinched or irritated nerves, as in a pinched sciatic nerve, can cause severe radiating pain in the hip and leg. This pain is often aggravated by movement or pressure on the affected area.
- **Inflammatory diseases:** Diseases such as rheumatoid arthritis or systemic lupus erythematosus can cause inflammation in the hip joints, leading to pain and stiffness. Poor posture: Long-term poor posture or misalignments, such as leg length discrepancies, can lead to chronic hip pain as they distribute the load on the hip joints unevenly.

How does K-Active Tape help with hip pain?

K-Active Tape provides targeted support for hip pain by stabilizing and relieving the affected area. Thanks to its elastic properties, the tape adapts to the movements of the hip without restricting freedom of movement. This helps to support the muscles and reduce the strain on the hip. The gentle lifting of the skin by the tape improves blood circulation and lymph flow, reducing swelling and inflammation. At the same time, the tape stimulates the sensory receptors, which helps to reduce the perception of pain.

Taping hip - 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.

Measure the length of the tape strip by holding the tape from the hip to the side of the thigh. Tear the release paper in the middle and stick the base of the tape strip to the outside of the hip **with slight tension (25% stretch)**.



⇒ 2.

Tape the ends **without stretch (0% tension)**.



⇒ 3.

Apply the second strip of tape **45° offset** from the first strip.



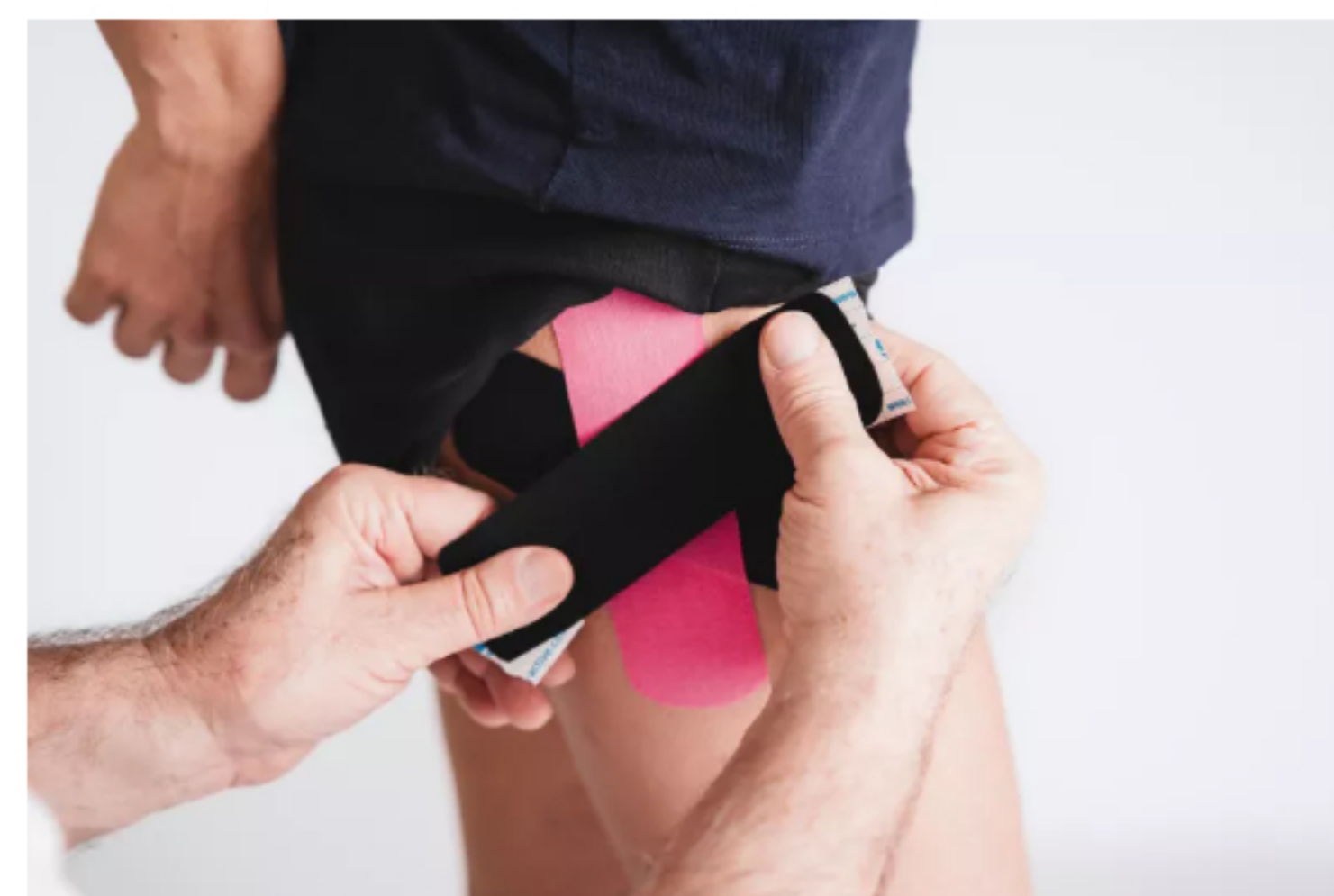
⇒ 4.

Run the ends up again **without tension**.



⇒ 5.

In between, stroke over the tapes already attached to activate them.



⇒ 6.

Finally, apply the last strip of tape offset to the others as before.



⇒ 7.

👏 The tape application on the hips is finished.