

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## BACK OF KNEE PAIN

### YOU WILL NEED



**STRIPS ONE & TWO:** Tear backing paper two inches from end to create starting anchors.

**ALL COLORS** of K Tape® are designed to perform equally.

### BEFORE YOU START

#### APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

#### CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION

Stand with your foot resting on a chair.

### STRIP ONE



**NO STRETCH**

**ANCHOR:** Place your anchor on the inside of the leg, approximately two inches below your knee crease.



**NO STRETCH**

**APPLY:** Without stretching the tape apply the opposite anchor approximately two inches above your knee crease.



**NO STRETCH**

**FINISH:** Straighten your leg and rub tape down in the middle adhering it to the leg.

### STRIP TWO



**NO STRETCH**

**ANCHOR:** repeat the steps as with your first but apply this strip on the outside of the leg.



**NO STRETCH**

**APPLY:** Without stretching the tape apply the opposite anchor approximately two inches above your knee crease.



**NO STRETCH**

**FINISH:** Straighten your leg and rub tape down in the middle adhering it to the leg.



**WATCH THE VIDEO**

<https://physioproductskenya.com>