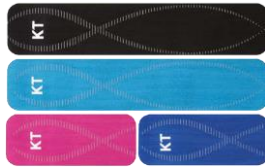


# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## FULL KNEE SUPPORT

### YOU WILL NEED



**STRIPS ONE & TWO:** Tear backing paper at the center of the half strip to begin application.

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



**TO CREATE A HALF STRIP:** Fold a full strip in half and cut folded edge rounding the corners.

**ALL COLORS** of KT 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

Sitting with the knee bent

### STRIP ONE



**MODERATE STRETCH**



**NO STRETCH**



**MODERATE STRETCH**

**ANCHOR:** With a moderate stretch, adhere center of half strip directly below the kneecap.

**APPLY:** With two inches of tape remaining, lay both ends down with no stretch.

**APPLY:** An additional half strip can be placed half way overlapped on the first half strip.

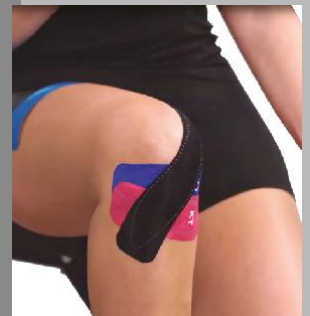
### STRIP TWO



**NO STRETCH**



**MODERATE STRETCH**



**NO STRETCH**



**NO STRETCH**



**MODERATE STRETCH**



**NO STRETCH**

**ANCHOR:** Anchor with no stretch on the outer quad and above the knee, opposite of strip two.

**APPLY:** With a moderate stretch, curve the tape around and under the kneecap to the inner side of the shin.

**FINISH:** With two inches remaining, lay the end down with no stretch.



**WATCH THE VIDEO**

<https://physioproductskenya.com>

**CAUTION:** If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. K TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**