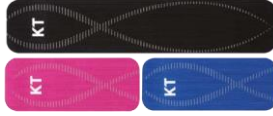


K TAPE

KINESIOLOGY THERAPEUTIC TAPE

INNER KNEE

YOU WILL NEED



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

STRIP THREE: Tear backing paper at the center of strips to begin application.



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 using rubbing alcohol

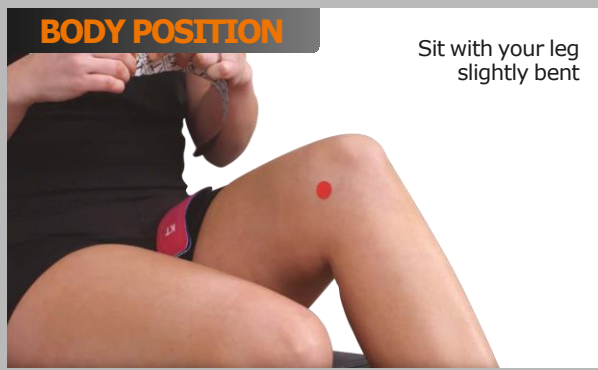
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION

Sit with your leg slightly bent



STRIP ONE



NOSTRETCH

ANCHOR: Apply the anchor about 3 inches above the knee cap, on the inside of the quad.



MODERATE

FINISH: Apply a moderate stretch on the tape and guide it through the point of pain, ending below the knee.



NOSTRETCH

FINISH: Apply the opposite anchor with no stretch.

STRIP TWO



MODERATE

ANCHOR: Take a half strip, tearing the paper backing in the middle, and apply with moderate stretch directly over the point of pain.



NOSTRETCH

FINISH: Finish with a gentle rub to improve adhesion.

STRIP THREE



MODERATE

ANCHOR: Apply a second half strip if necessary over point of pain creating an X pattern.



NOSTRETCH

FINISH: Finish with a gentle rub to improve adhesion.



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.**