

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

OSGOOD-SCHLATTER

YOU WILL NEED



STRIPS ONE & TWO: Tear backing paper at the center of strip 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 bent at 90 degrees.



STRIP ONE



NO STRETCH

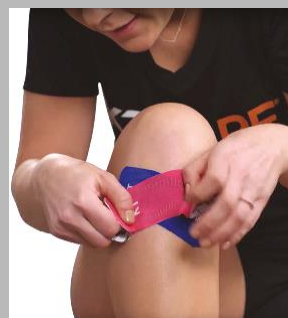
ANCHOR: Take one half strip and tear the paper backing in the middle. With moderate stretch apply the strip directly over the point of pain.



NO STRETCH

APPLY: Lay the ends down with no stretch.

STRIP TWO



NO STRETCH

ANCHOR: Repeat with the second half strip rotating it over the point of pain to make an x.



NO STRETCH

APPLY: Apply the last two inches on both sides with no stretch.



WATCH THE VIDEO

<https://physioproductskenya.com>