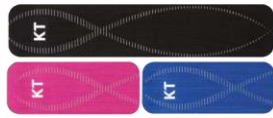


K TAPE

KINESIOLOGY THERAPEUTIC TAPE

OUTER KNEE

YOU WILL NEED



STRIP ONE:
Tear backing paper two inches from end to create starting anchor.

STRIPS TWO & THREE: Tear backing paper at the center of the half 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 with rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION

Sit with your leg slightly bent.



STRIP ONE



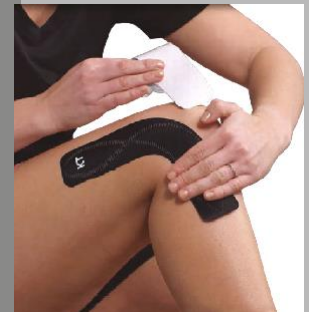
NO STRETCH

ANCHOR: Adhere two inches of tape with no stretch on the outside of the quad, above the knee.



MODERATE STRETCH

APPLY: With a moderate stretch, apply tape along the side of the knee, through the point of pain.



NO STRETCH

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

STRIP TWO



MODERATE STRETCH

ANCHOR: With a moderate stretch, adhere the center of half strip directly over the point of pain on a diagonal.

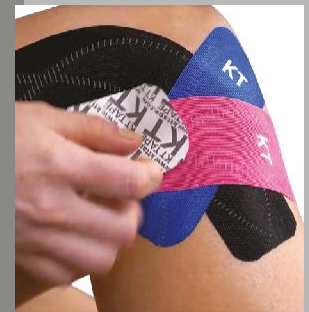
FINISH: With two inches remaining, lay the end down with no stretch.

STRIP THREE



MODERATE STRETCH

APPLY: With a moderate stretch, adhere the center of second half strip directly over strip two to create an X pattern over the point of pain.



MODERATE STRETCH

APPLY: With a moderate stretch, adhere the center of second half strip directly over strip two to create an X pattern over the point of pain.

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



WATCH THE VIDEO

<https://physioproductskenya.com>