FULL KNEE SUPPORT

APPLICATION OVERVIEW
Knee pain can be caused by any number of issues. The kneecap, or patella, could be moving incorrectly. One or more meniscus may be torn, ruptured, or inflamed. There may be arthritis, plica, chondromalacia, or any number of issues with the bones that constitute the knee. KT Tape helps treat any of these conditions by relieving pressure, providing stability, and improving muscle function in the knee.

BEFORE YOU START
YOU WILL NEED
3 strips of KT TAPE
2 full 10” strips
1 full 10” strip cut in half

APPLY BEFORE ACTIVITY
Apply one hour before beginning activity

CLEAN SKIN
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

BODY POSITION
Bend the knee at a 90 degree angle

STRIP ONE
80% STRETCH
ANCHOR: middle of half strip of tape under kneecap with 80% stretch
APPLY: lay ends down without stretch (a second half strip can be added for additional support)
FINISH: anchor full strip 10 inches above the kneecap

25% STRETCH
ANCHOR: apply tape around outer edge of kneecap with 25% stretch
APPLY: tape across lower knee with 50% stretch
FINISH: lay last two inches down without stretch

STRIP THREE
ANCHOR: repeat steps for previous strip with second full strip, mirroring application on other side of knee
APPLY: tape across lower knee with 50% stretch
FINISH: lay last two inches down without stretch

WATCH THE VIDEO
kttape.com/instructions/full-knee-support

AVERAGE DAYS WEAR
KT TAPE PRO

Discontinue use if skin becomes irritated or sore. Instructions provided are for educational use only. KT TAPE is not a replacement for professional medical care. Cancer patients should not use KT TAPE as it may interfere with treatment. Do not use on abdomen if pregnant. Warranties and remedies limited to product replacement cost. © 2011 Lumos, Inc. All rights Reserved.