



FULL KNEE SUPPORT

AVERAGE DAYS WEAR



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



0% STRETCH

APPLY: lay ends down without stretch (a second half strip can be added for additional support)

STRIP TWO



0% STRETCH

FINISH: anchor full strip 10 inches above the kneecap



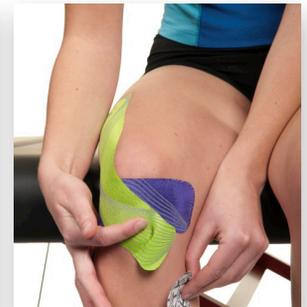
25% STRETCH

ANCHOR: apply tape around outer edge of kneecap with 25% stretch



50% STRETCH

APPLY: tape across lower knee with 50% stretch



0% STRETCH

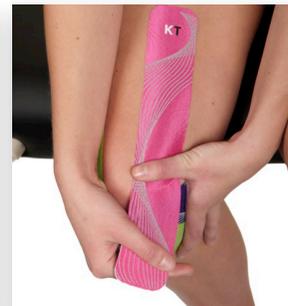
FINISH: lay last two inches down without stretch

STRIP THREE



0% STRETCH

ANCHOR: repeat steps for previous strip with second full strip, mirroring application on other side of knee



0% STRETCH

APPLY: tape across lower knee with 50% stretch



0% STRETCH

FINISH: lay last two inches down without stretch



WATCH THE VIDEO

kttape.com/instructions/full-knee-support