



KNEE PAIN

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

- 2 strips of KT TAPE
- 1 full 10' strip
- 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 a half strip of tape under the kneecap with 80% stretch



0% STRETCH

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

STRIP TWO



0% STRETCH

FINISH: anchor a full strip 10 inches above the kneecap



25% STRETCH

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



50% STRETCH

APPLY: tape across the lower knee with 50% stretch



0% STRETCH

FINISH: lay the last two inches down without stretch

STRIP THREE



0% STRETCH

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



0% STRETCH

APPLY: see above



0% STRETCH

FINISH: see above



WATCH THE VIDEO

kttape.com/instructions/full-knee-support