

2

KNEE APPS

For more applications, visit strengthtape.com.



Avoid stretching the ends of the tape.



After applying, firmly rub the tape to activate the adhesive.

FULL KNEE STABILITY 3 Strips + Scissors + Knee at 90°



1 Cut 1 full strip in half and round the corners to make 2 short strips.

2 Apply both half strips directly under kneecap—one on top of the other with a 75% stretch.

3 Anchor 2nd full strip to outside of the quad. Follow the edge of the kneecap with 25% stretch. When you cross the kneecap, apply 50% stretch.

4 Mirror step 3 with another full strip on the other side of the kneecap. Make 'x' below knee. Firmly rub to activate adhesive.

OSGOOD SCHLATTER 1 Strip + Scissors + Knee at 90°



1 Cut 1 full strip in half and round the corners to make 2 short strips.

2 Apply the first half-strip over the point of pain below the knee at an angle with 75% stretch.

3 Apply the 2nd half-strip to make an 'x' over the area of pain with 75% stretch.

4 Firmly rub to activate adhesive.

BACK OF KNEE 2 Strips + Partner + Leg straight to stretch area



1 Anchor the 1st strip just below the knee to one side of the area of pain.

2 Avoid the back of the knee and follow the tendon up the leg with 50% stretch and anchor to the back of the thigh.

3 Mirror the 1st strip on the other side of the knee. Apply with 50% stretch.

4 Avoid the back of the knee to prolong use. Firmly rub to activate adhesive.



Check out easy-to-follow videos at strengthtape.com

OTHER APPLICATIONS INCLUDE:

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|-----------------|-------------------|---------------------|
| Shin Splints | IT Band | Hip Flexor |
| Hamstring | Plantar Fasciitis | Ribs |
| Achilles Tendon | Jumper's Knee | Neck Strain |
| Calf Strain | Carpal Tunnel | Tennis Elbow |
| Rotator Cuff | Joint Support | <i>Many more...</i> |