OSGOOD-SCHLATTER

KT TAPE®

AVERAGE DAYS WEAR

KT TAPE
PRO

APPLICATION OVERVIEW

Osgood-Schlatter is a condition that often times shows up in young people who are growing very quickly. The point of pain is typically on the tibial tuberosity, or the bump just below the knee. KT Tape helps relieve pressure to reduce pain and may increase circulation.

BEFORE YOU START

YOU WILL NEED

1 full 10" strip of KT Tape cut in half

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

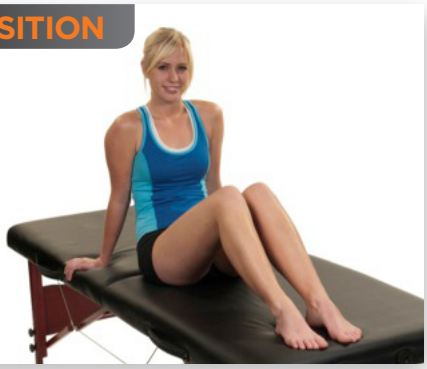
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

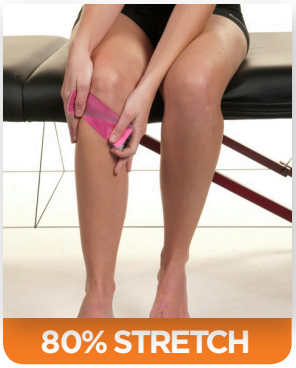
After application rub tape vigorously to activate adhesive

BODY POSITION

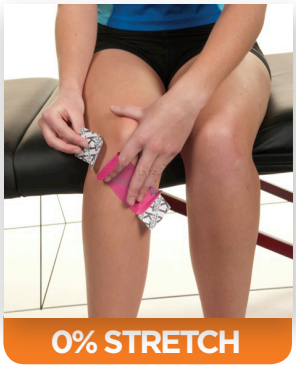
Bend knee at 90 degrees



STRIP ONE



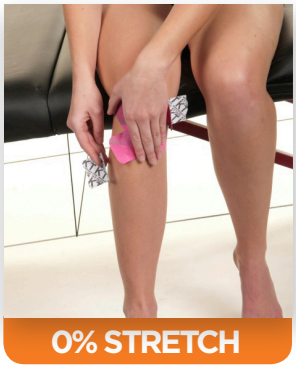
ANCHOR: middle of half strip of tape diagonally over point of pain with 80% stretch



APPLY: ends of tape without stretch

STRIP TWO

ANCHOR: middle of second half strip across first strip to form an X pattern over point of pain with 80% stretch



APPLY: ends of tape without stretch

WATCH THE VIDEO

kttape.com/instructions/osgood-schlatter

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.