

APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

ITEMS NEEDED:

2 pre-cut strips of StrengthTape Scissors



Avoid touching the ends of the tape.

Clean any oils and

lotions form area.



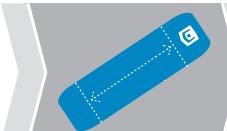
After applying, firmly rub the tape to activate adhesive.



Trim excess hair for better adhesion.

OSGOOD SCHLATTER





Always anchor the first and last two inches with absoultely no stretch.

BODY POSITION:



Bend knee to a 90 degree angle.

PREPERATION:



Cut a full strip in half with rounded corners to make 2 short strips.

STEP 1:



Apply the 1st half-strip over the point of pain below the knee on an angle with 75% stretch. **STEP 2:**



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

STEP 3:



Firmly rub to activate adhesive.

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