

BACK OF KNEE PAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Pain at the back of the knee can be caused by many issues including hamstring tendonitis, a baker's cyst, popliteal tendonitis, and other conditions such as overuse, causing swelling or inflammation. KT Tape helps treat this condition by relaxing and supporting the muscles, reducing pressure in the area of pain, and increasing circulation.

WHAT YOU NEED

2 full strips of KT TAPE

BEFORE YOU START

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

Stretch the back of the knee

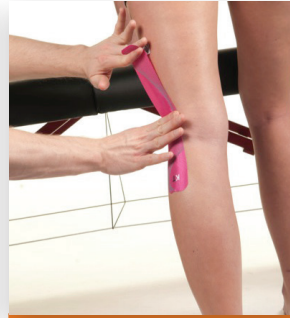


STRIP ONE



0% STRETCH

ANCHOR: a full strip three inches below the lateral side of the back of the knee



50% STRETCH

APPLY: Apply the tape around the point of pain with 50% stretch



0% STRETCH

FINISH: Apply the last two inches of tape without stretch

STRIP TWO



0% STRETCH

ANCHOR: Repeat the previous step, applying the tape on the medial side of the leg



50% STRETCH

APPLY: Apply the tape around the point of pain with 50% stretch on the tape



0% STRETCH

FINISH: Apply the last two inches of tape without stretch



WATCH THE VIDEO

kttape.com/instructions/back-of-knee