

OUTER KNEE

AVERAGE DAYS WEAR

KT TAPE
 PRO

APPLICATION OVERVIEW

Causes of outer knee pain may include IT Band Syndrome, overuse, overtraining, poor training form, or training on hills or stairs. KT Tape relieves knee pain and promotes the healing process.

WHAT YOU NEED

- 2 strips of KT TAPE
- 1 full 10" strip
- 1 full 10" strip cut in half

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

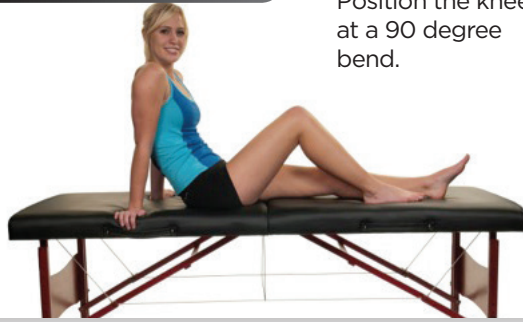
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

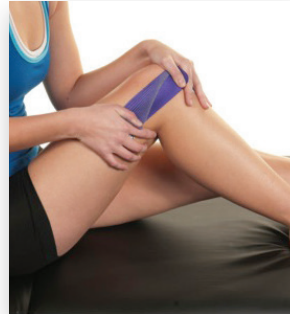


BODY POSITION

Position the knee at a 90 degree bend.

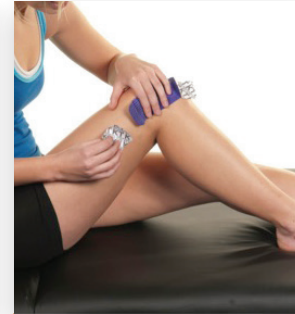


STRIP ONE



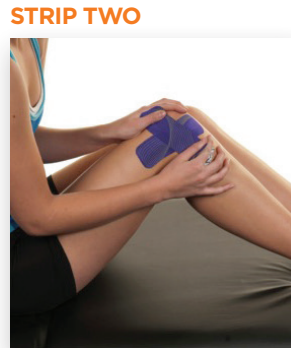
80% STRETCH

ANCHOR: Anchor the middle of a half strip of tape over the point of pain with 80% stretch.



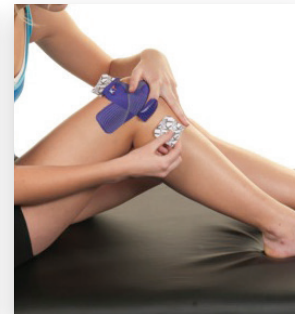
0% STRETCH

APPLY: Lay ends down without stretch.



80% STRETCH

ANCHOR: Anchor the middle of a second half strip in an X pattern over the first strip with 80% stretch.



0% STRETCH

APPLY: Apply ends of tape without stretch.

STRIP THREE



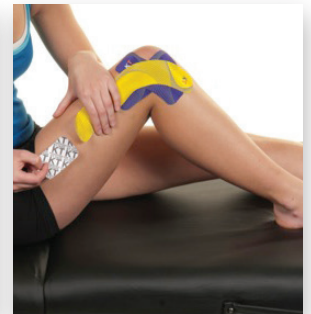
0% STRETCH

ANCHOR: Anchor a full strip between the lower ends of the X without stretch.



25% STRETCH

APPLY: Apply the tape up the thigh as shown with 25% stretch.



0% STRETCH

FINISH: Apply the last two inches of tape without stretch.



WATCH THE VIDEO
kttape.com/instructions/outer-knee