

QUAD

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The quads are the large set of powerful muscles that span the front of the thigh from the hips to the knees and act as hip flexors and knee extenders. Strains involving microtears, cramping, and tightness can be felt when the quads are injured or not performing properly.

Causes of quad pain may include overuse, dehydration, muscle strains or tears, impact on the muscle, or rapid deceleration. KT Tape helps treat this condition by supporting and relaxing the involved muscles.

WHAT YOU NEED

2 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 quad.



STRIP ONE



0% STRETCH

ANCHOR: Anchor a full strip of tape without stretch on the inner quad two inches above the knee.



25% STRETCH

APPLY: Apply tape up the quad with 25% stretch.



0% STRETCH

FINISH: Lay the last two inches down without stretch.

STRIP TWO



0% STRETCH

ANCHOR: Anchor a full strip on the outer quad two inches above the knee without stretch.



25% STRETCH

APPLY: Apply tape up the quad with 25% stretch.



0% STRETCH

FINISH: Lay the last two inches down without stretch.



WATCH THE VIDEO

kttape.com/instructions/quad