

PERFORMANCE MEETS SCIENCE™



Tape

OSGOOD SCHLATTER'S



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1 Place the knee at a 90-degree angle.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip

2



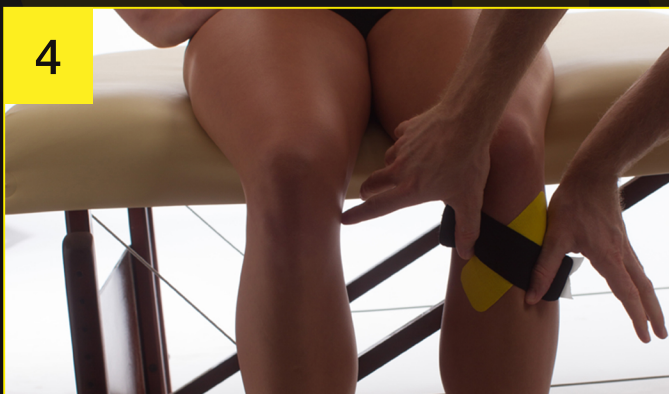
At 45 degree angle, anchor middle portion of half-strip with 90% stretch over most intense point of pain.

3



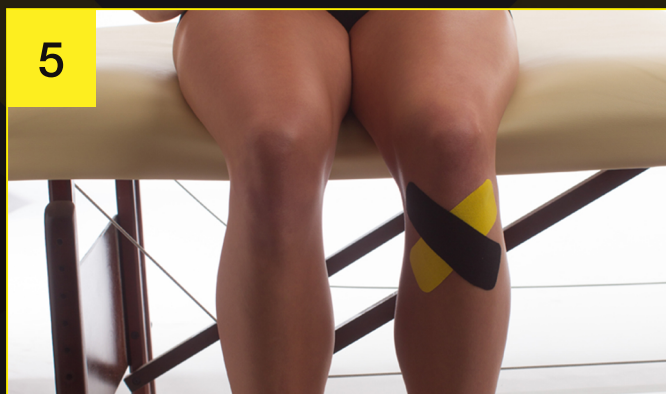
Lay each end down with no stretch.

4



Repeat with half-strip to form "X" over most intense point of pain.

5



Rub application well to securely fix all edges to skin