

PERFORMANCE MEETS SCIENCE™



Tape QUAD



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1 Flex the knee by bringing the calf to the back of the leg.



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

Anchor full-strip just above knee with no stretch.



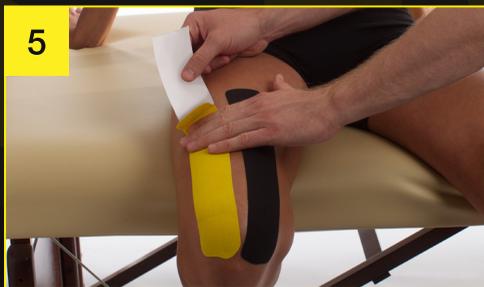
3

Apply 25% stretch along the quadriceps muscles to cover pain.



4

Lay end down with no stretch.



5

Repeat on other side. Use three strips for larger legs.



6

Rub application well to securely fix all edges to skin.