



# STRENGTHTAPE®

## APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

## ITEMS NEEDED:

2 pre-cut strips of StrengthTape  
Scissors



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



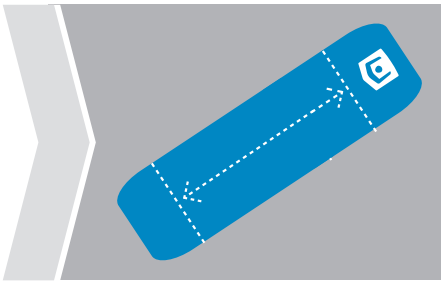
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

## OUTSIDE OF KNEE

### TIP:



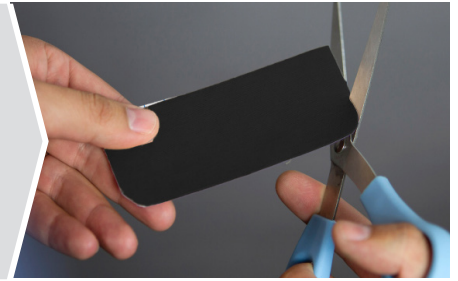
Always anchor the first and last two inches with absolutely no stretch.

### BODY POSITION:



In a sitting position, bend the knee to a 90 degree angle.

### PREPERATION:



Cut a full strip in half with rounded corners to make 2 short strips.

### STEP 1:



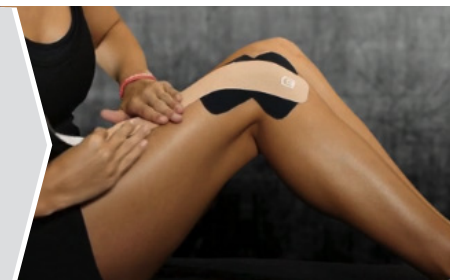
Apply a half strip over the point of pain, parallel to the femur with a 75% stretch.

### STEP 2:



Apply the other half strip parallel to the shin creating an 'X' pattern with a 75% stretch.

### STEP 3:



Anchor strip between the ends of the 'X' pattern. Using 25% stretch, cross over the point of pain then turn the tape to go up the outer thigh.