

Application Instructions - Kinesio Tape Precut Knee Tape

General Instructions

Assistance is recommended to apply this application. Before applying, make sure skin is clean and dry. After applying, rub tape briskly to activate adhesive. It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.

Step 1



Begin with the black I strip. If necessary, use the cutting guides on the tape backing to cut the strip to the correct length. Using the tear line, remove the backing paper from the end of the strip. With the knee bent at 90 degrees, apply the base of the tape in the mid-thigh area, approximately 4-5" above the knee.

Step 2



Begin removing the tape backing. Without stretching the tape, continue applying the strip downwards, crossing over the center of the knee joint. The strip should end approximately 2-3" below the knee.

Step 3



Take the black Y strip and, if necessary, use cutting guide on backing to cut tape to correct length. Tear backing along tear line, then remove backing from end of tape. Apply this anchor end 2-3" below kneecap. One at a time, remove backing from each of the arms and apply tape around each side of the knee.

Step 4



Take the blue I strip and, if necessary, use cutting guide to cut tape to correct length. Tear backing along center tear line, then remove in both directions to expose middle portion of tape. Holding ends of tape, apply a slight stretch, then apply center of tape just below kneecap. Apply both ends in upward motion parallel to black strips. To avoid skin irritation, the ends should be applied with no stretch.