

## FULL KNEE SUPPORT

### AVERAGE DAYS WEAR



### APPLICATION OVERVIEW

Knee pain can be caused by any number of issues. The kneecap, or patella, could be moving incorrectly. One or more meniscus may be torn, ruptured, or inflamed. There may be arthritis, plica, chondromalacia, or any number of issues with the bones that constitute the knee. KT Tape helps treat any of these conditions by relieving pressure, providing stability, and improving muscle function in the knee.

### WHAT YOU NEED

- 2 strips of KT TAPE
- 1 full 10" strip
- 1 full 10" strip cut in half

### 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

Bend the knee at a 90 degree angle.



### STRIP ONE



80% STRETCH

**ANCHOR:** Anchor middle of a half strip of tape under the kneecap with 80% stretch.



0% STRETCH

**APPLY:** Lay the ends down without stretch. A second half strip can be added for additional support.

### STRIP TWO



0% STRETCH

**FINISH:** Anchor a full strip 10 inches above the kneecap.



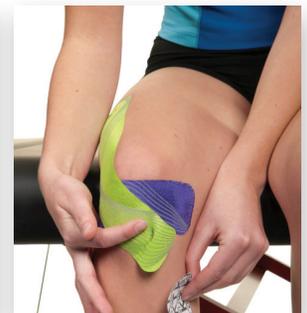
25% STRETCH

**ANCHOR:** Apply the tape around the outer edge of the kneecap with the tape with 25% stretch.



50% STRETCH

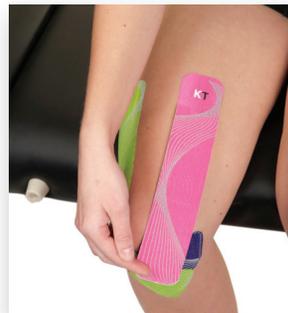
**APPLY:** Apply tape across the lower knee with 50% stretch.



0% STRETCH

**FINISH:** Lay the last two inches down without stretch.

### STRIP THREE



0% STRETCH

**ANCHOR:** Repeat the steps for the previous strip with a second full strip, mirroring the application on the other side of the knee.



0% STRETCH

**APPLY:** Apply tape across the lower knee with 50% stretch.



0% STRETCH

**FINISH:** Lay the last two inches down without stretch.



### WATCH THE VIDEO

[kttape.com/instructions/full-knee-support](http://kttape.com/instructions/full-knee-support)