

# Knee Taping



**Anchors - with the knee in approximately 30 degree angle, apply 2 x 50mm rigid tape anchors above and below the knee. Be careful not to apply too tight.**



**Medial and lateral stability - Apply 3-5 strips of 50mm rigid tape on both the medial and lateral aspects of the knee in a criss-cross formation**



**Overwrap - Using 75mm Stretch EAB tape, apply 1 x criss-cross to both the medial and lateral sides of the knee trying to cover all rigid tape where possible.**



**Lock off - A single piece of 50mm rigid tape is applied around the superior anchor to lock off the tape.**

Prepared with the advice of a professionally registered physiotherapist