FULL KNEE SUPPORT

YOU WILL NEED

STRIPS ONE & TWO: Tear backing paper at the center of the half strip to begin application.

STRIPS THREE & FOUR: Tear backing paper two inches from end to create starting anchors.

TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.

ALL COLORS of KT Tape® are designed to perform equally.

BEFORE YOU START

APPLY BEFORE ACTIVITY
Apply one hour before beginning activity

CLEAN SKIN
Clean dirt, oils and lotions from area with rubbing alcohol

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

WATCH THE VIDEO
ktape.com/instructions/full-knee-support

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. WARRANTIES AND REMEDIES LIMITED TO PRODUCT REPLACEMENT COST. READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.

BODY POSITION
Sitting with the knee bent

STRIP ONE

MODERATE STRETCH
ANCHOR: With a moderate stretch, adhere center of half strip directly below the kneecap.

NO STRETCH
APPLY: With two inches of tape remaining, lay both ends down with no stretch.

MODERATE STRETCH
APPLY: An additional half strip can be placed halfway overlapped on the first half strip.

STRIP TWO

NO STRETCH
ANCHOR: Adhere two inches of tape with no stretch on the inner quad, above the knee.

MODERATE STRETCH
With a moderate stretch, curve the tape around and under the kneecap to the outer side of the shin.

FINISH: With two inches remaining, lay the end down with no stretch.

STRIP THREE

NO STRETCH
ANCHOR: Anchor with no stretch on the outer quad and above the knee, opposite of strip two.

MODERATE STRETCH
APPLY: With a moderate stretch, curve the tape around and under the kneecap to the inner side of the shin.

FINISH: With two inches remaining, lay the end down with no stretch.