**INNER KNEE**

**YOU WILL NEED**

- Strips One & Two: Tear backing paper two inches from end to create starting anchor.
- Strip Three: Tear backing paper at the center of strips to begin application.
- 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 using rubbing alcohol

**ACTIVATE ADHESIVE**

After application rub tape vigorously to activate adhesive

**WATCH THE VIDEO**

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

**BODY POSITION**

Sit with your leg slightly bent

**STRIP ONE**

No Stretch

**ANCHOR:** Apply the anchor about 3 inches above the knee cap, on the inside of the quad.

**FINISH:** Apply a moderate stretch on the tape and guide it through the point of pain, ending below the knee.

**STRIP TWO**

Moderate

**ANCHOR:** Take a half strip, tearing the paper backing in the middle, and apply with moderate stretch directly over the point of pain.

**FINISH:** Finish with a gentle rub to improve adhesion.

**STRIP THREE**

No Stretch

**ANCHOR:** Apply a second half strip if necessary over point of pain creating an X pattern.

**FINISH:** Finish with a gentle rub to improve adhesion.

**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.