

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

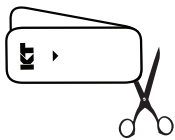
## YOU WILL NEED



**STRIP ONE:** Tear backing paper two inches from end to create starting anchors.



**ALTERNATIVE: STRIPS TWO & THREE:** 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.

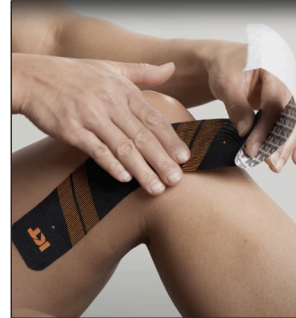


## HOW TO APPLY

### STRIP ONE



For this application, bend the knee slightly. For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor on the inside of the leg with **no stretch**.

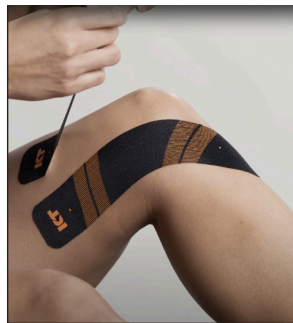


Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** through the pain in the knee.

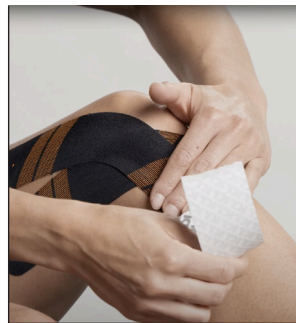


Lay down the second anchor with **no stretch**, using the last 2 inches of tape.

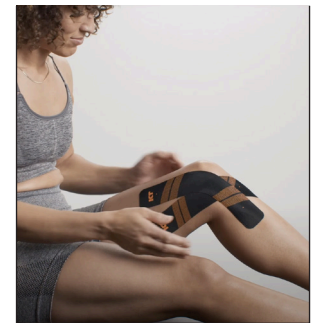
### STRIP TWO



Create an anchor at one end of the second strip. Place the anchor just above the first strip with **no stretch**.



Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** toward the knee, crossing over the first strip at the pain point.



Lay down the second anchor with **no stretch**.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.