



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



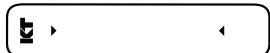
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

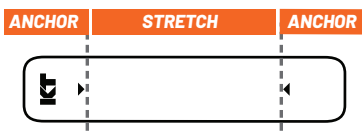
YOU WILL NEED

2 FULL STRIPS



STRIPS ONE & TWO

Tear backing paper two inches from end to create starting anchors.



HOW TO APPLY

STRIP ONE



Bend the knee slightly. Place the **anchor** at the side of the leg with **no stretch**.



Apply tape with **moderate stretch** through the pain in the knee.



Lay down the second **anchor** with **no stretch** using the last two 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**.



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**. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.