OUTER KNEE

YOU WILL NEED

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

STRIPS TWO & THREE: Tear backing paper at the center of the half 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 with rubbing alcohol

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

BODY POSITION
Sit with your leg slightly bent.

STRIP ONE

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

APPLY: With a moderate stretch, apply tape along the side of the knee, through the point of pain.

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

NO STRETCH

MODERATE STRETCH

NO STRETCH

STRIP TWO

ANCHOR: With a moderate stretch, adhere the center of half strip directly over the point of pain on a diagonal.

APPLY: With a moderate stretch, adhere the center of second half strip directly over strip two to create an X pattern over the point of pain.

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

NO STRETCH

MODERATE STRETCH

MODERATE STRETCH

STRIP THREE

ANCHOR: With a moderate stretch, adhere the center of second half strip directly over strip two to create an X pattern over the point of pain.

APPLY: With a moderate stretch, adhere the center of second half strip directly over strip two to create an X pattern over the point of pain.

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

NO STRETCH

MODERATE STRETCH

WATCH THE VIDEO
kttape.com/instructions/outer-knee

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.