

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



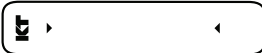
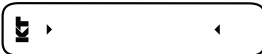
TRIM HAIR



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



With knee placed at a 90° angle, place the **anchor** below the knee on one side of the leg with no stretch.

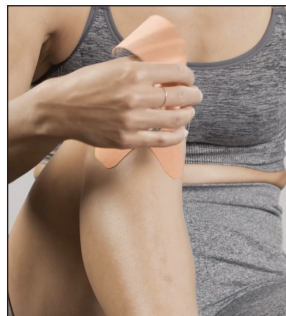


Apply tape with **moderate stretch** curving along the side of the knee cap..



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.



Repeat the same technique with the second strip on the other side of the knee cap.



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 THE VIDEO INSTRUCTIONS HERE.