# TAPE OSGOOD SCHLATTER



### **BEFORE YOU START**

FOR BEST RESULTS



APPLY ONE HOUR **BEFORE ACTIVITY** 



**TRIM HAIR** 



**CLEAN SKIN WITH RUBBING ALCOHOL** 

#### YOU WILL NEED





**STRIPS ONE & TWO:** 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, place the knee at a 90 degree angle. Tear backer paper in the center of the first half strip and peel it back to expose the middle segment of adhesive. Apply moderate stretch and adhere the strip diagonally underneath the knee сар.



Lay down the last two inches at each end with no stretch.

#### **STRIP TWO**



Tear backer paper in the center of the second half strip and peel it back to expose the middle segment of adhesive. Repeat the same technique as the first strip applying it directly above the first strip.



Lay down the anchors at both ends with no stretch.

