TAPE FULL KNEE SUPPORT



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR **BEFORE ACTIVITY**

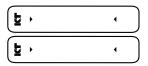


TRIM HAIR

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



Sitting with knee bent at about 90°, place the **anchor** above the knee with no stretch.

STRIP TWO



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



Lay down the second anchor with no stretch using the last two inches of tape.



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.**

CAUTION: If you have skin sensitivities, cancer, or are prequant, 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.