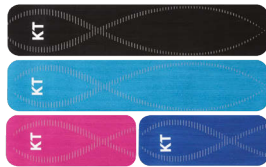


## FULL KNEE SUPPORT

### YOU WILL NEED



**STRIPS ONE & TWO:** Tear backing paper at the center of the half strip to begin application.

**STRIPS THREE & FOUR:** 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.

**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

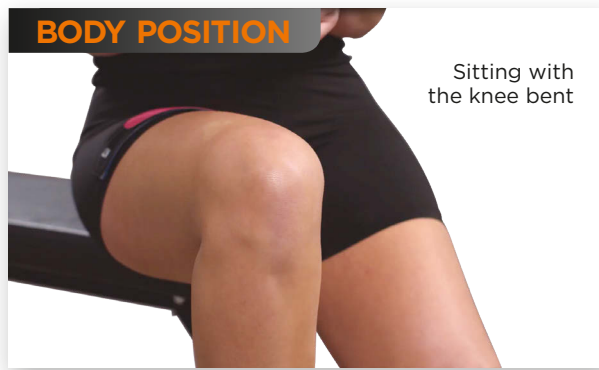
#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION

Sitting with the knee bent

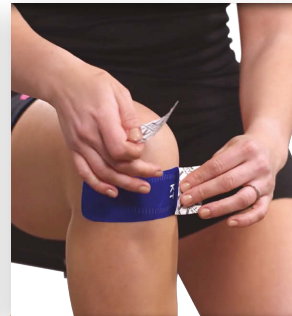


### STRIP ONE



**MODERATE STRETCH**

**ANCHOR:** With a moderate stretch, adhere center of half strip directly below the kneecap.



**NO STRETCH**

**APPLY:** With two inches of tape remaining, lay both ends down with no stretch.



**MODERATE STRETCH**

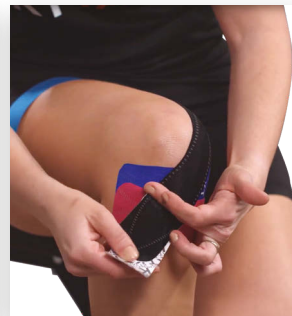
**APPLY:** An additional half strip can be place half way overlapped on the first half strip.

### STRIP TWO



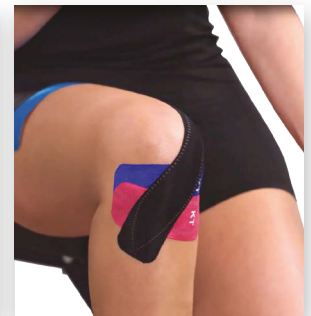
**NO STRETCH**

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



**MODERATE STRETCH**

With a moderate stretch, curve the tape around and under the kneecap to the outer side of the shin.



**NO STRETCH**

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

### STRIP THREE



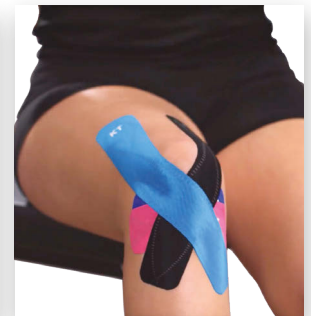
**NO STRETCH**

**ANCHOR:** Anchor with no stretch on the outer quad and above the knee, opposite of strip two.



**MODERATE STRETCH**

**APPLY:** With a moderate stretch, curve the tape around and under the kneecap to the inner side of the shin.



**NO STRETCH**

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



### WATCH THE VIDEO

[kttape.com/instructions/full-knee-support](http://kttape.com/instructions/full-knee-support)