

PERFORMANCE MEETS SCIENCE™



Tape

# COMPLETE KNEE



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1

Place knee at 90 degrees.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip



2

Anchor middle portion of half-strip under knee with 90% stretch.



3

Lay each end down with no stretch.



4

Repeat with second half-strip just above the knee.



5

Anchor full-strip on side of thigh with no stretch.



6

Apply to top of knee with 25% stretch.



7

Apply across lower part of knee with 50% stretch.



8

Lay end down with no stretch.



9

Repeat steps 5-8 for other side of thigh.



10

Rub application well to securely fix all edges to skin.