

PERFORMANCE MEETS SCIENCE™



Tape

# OSGOOD SCHLATTER'S



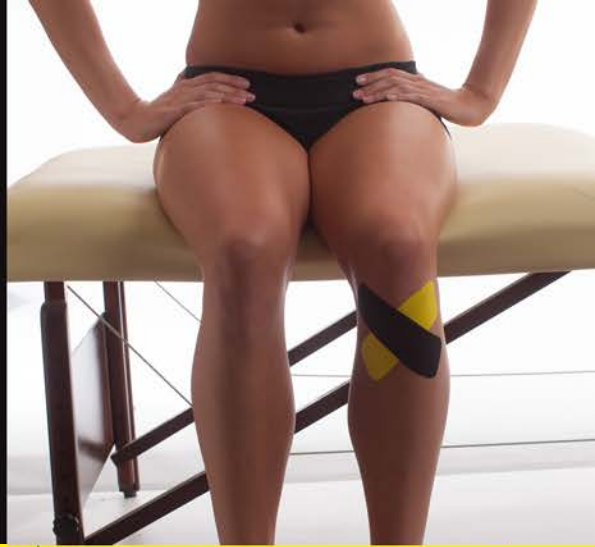
WATCH THE VIDEO  
[www.gotape.com/completeknee](http://www.gotape.com/completeknee)



[www.facebook.com/MYGOTAPE](https://www.facebook.com/MYGOTAPE)



[www.twitter.com/GOTAPE](https://www.twitter.com/GOTAPE)



1 Place the knee at a 90-degree angle.



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



At 45 degree angle, anchor middle portion of half-strip with 90% stretch over most intense point of pain.

3



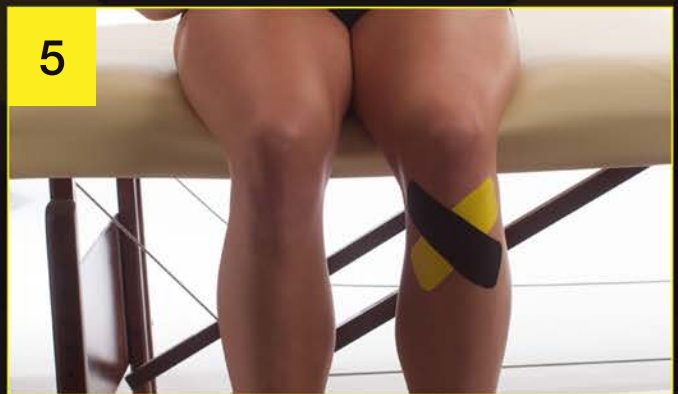
Lay each end down with no stretch.

4



Repeat with half-strip to form "X" over most intense point of pain.

5



Rub application well to securely fix all edges to skin