

FULL KNEE SUPPORT

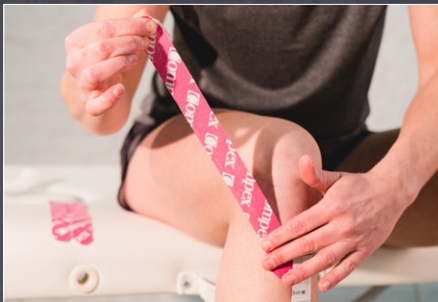
RECOMMENDATIONS

- Clean skin
- Make a rounded cut to each end of the tape using sharp scissors
- When applying, do not stretch the first and last 3-5cm of the tape
- When applied, vigorously rub the tape to activate the adhesive
- The tape can be worn for a maximum of 4-5 days



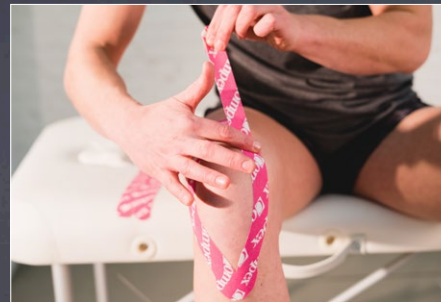
BODY POSITION

Sit down with the knee bent at a 90 degree angle



STEP 1

Attach the first 5cm of tape with 0% stretch and then tape around the knee with 25% stretch



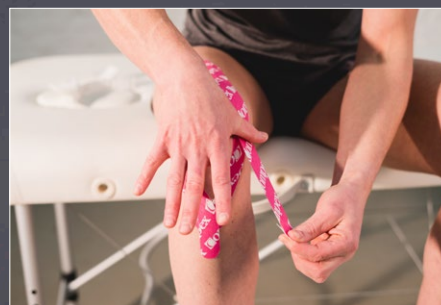
STEP 2

Tape around the other side of the knee with 25% stretch



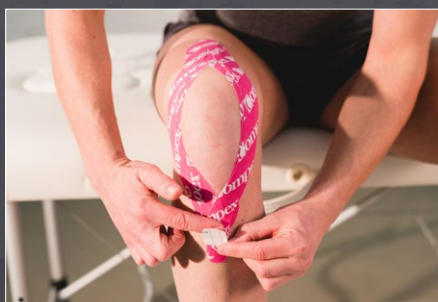
STEP 3

Then going from above the knee to below the knee this time, attach the first 5cm of tape with 0% stretch



STEP 4

Then tape around the knee (both sides) with 25% stretch



STEP 5

Finish the last 5cm with 0% stretch



FINAL RESULT