

OSGOOD SCHLATTER

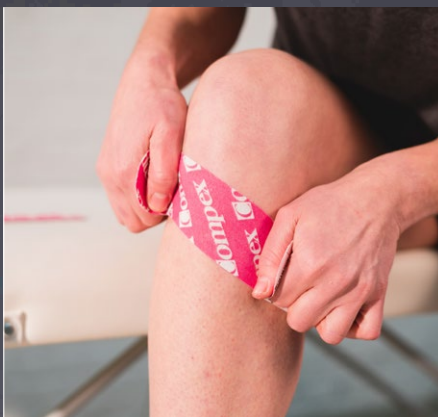
RECOMMENDATIONS

- 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



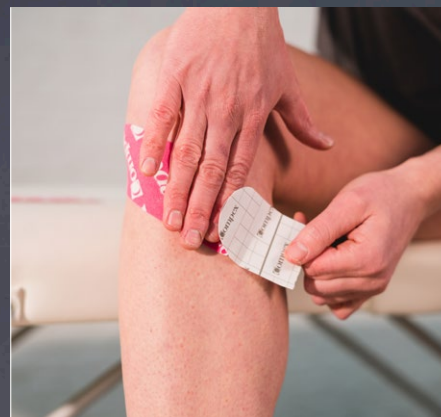
BODY POSITION

Sit down with the knee bent at a 90 degree angle



STEP 1

Tape diagonally below the knee with 70% stretch



STEP 2

Attach the first and last 3cm of tape with 0% stretch



STEP 3

Tape diagonally across the knee again (creating a cross) with 70% stretch



FINAL RESULT