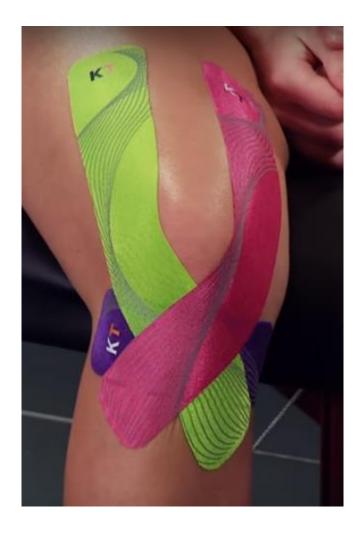


## Kinesiology Taping Knee Support



- Apply the first piece of tape (purple below) directly across your knee under your kneecap.
- Place a second piece of tape from below the knee cap diagonally around the knee cap up to the thigh.
- Use the same method to apply a third strip of tape on the opposite side.
- There should be a 25-50% stretch on the middle part of the tape and NO stretch on the ends.

Consult your health care provider prior to use for conditions including:

- Heart failure
- Severe Kidney disease
- Cancer
- Uncontrolled diabetes and neuropathy
- Skin conditions: allergies/sensitive or thin skin
- Blood clots, clotting disorders, or hemophilia
- Open wounds
- Lymph node disorders