

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*